



Garden Egg Frittata (OP I)

Serving: 1

Non Veg

Ingredients

- Green onion - 1 chopped
- Zucchini - 1 chopped
- Olive oil - 1 tsp
- 1 egg whole + 2 egg whites
- black pepper to taste
- salt to taste
- 4 slices tomato
- 1/2 tbsp cheddar cheese

Preparation Method

- In a large bowl, whisk eggs, egg whites, salt and pepper.
- In a medium skillet coated with spray, heat oil over medium-high heat. Add zucchini and green onions; cook and stir 2 minutes. Reduce heat to medium-low. Pour in mixture. Cook, covered, 4-7 minutes
- Uncover; top with tomatoes and remaining cheese and cover 2-3 minutes or until are completely set.