

Egg White Frittata Recipe

Prep: 15 mins

Cook: 19 mins

Total: 34 mins

Servings: 4 servings

Yield: 1 frittata

Plenty of vegetables, Parmesan cheese, and seasonings make this light and easy egg white frittata satisfying and delicious. You might think that it would be bland with just egg whites, but even without the yolks, the frittata is fluffy and flavorful. Plus, it is easy to adapt it with your favorite vegetables and seasonings.

As far as the ingredients go, a frittata is similar to an omelet, but there are a few differences. The frittata, which can serve several people, is partially cooked on the stovetop and finished in the oven. An omelet, typically designed for one or two people, is cooked only on the stovetop.

You may make our tasty egg white frittata with fresh or store-bought liquid egg whites. The egg mixture includes Parmesan cheese, green onions, diced bell pepper, spinach, and sliced grape tomatoes, along with a little Italian seasoning. You can swap out the Parmesan with some yellow cheddar for extra color or use Gruyere, Swiss, or another kind of cheese.

This egg white frittata goes exceptionally well with marinara sauce or prepared pizza sauce, or give it that extra pizzazz with a garnish of tomato salsa, sour cream, or sliced avocados. An egg white frittata makes an excellent breakfast, brunch, or lunch dish any day of the week.

Ingredients

- 1 1/2 cups egg whites, store-bought liquid egg whites or from about 12 large eggs
- 1/2 cup grated Parmesan cheese, divided
- 3/4 teaspoon Italian seasoning
- 3/4 teaspoon salt
- Freshly ground black pepper, to taste
- 1 1/2 tablespoons unsalted butter
- 2 medium green onions, sliced, white and light green separated from dark green
- 1/2 cup diced red bell pepper
- 2 cups packed coarsely chopped spinach leaves
- 4 to 6 grape tomatoes, thinly sliced
- Marinara sauce, pizza sauce, or salsa, for optional serving

Steps to Make It

1. Gather the ingredients. Preheat the oven to 375 F.
2. Combine the egg whites with half of the Parmesan cheese and the Italian seasoning, salt, and pepper in a medium bowl. Whisk until blended, but do not overbeat. Set aside.
3. Melt the butter in a 10-inch oven-safe nonstick skillet over medium heat. Add the white and light green sliced green onions and bell pepper and sauté until softened, 2 to 3 minutes.
4. Add the spinach and cook until wilted, 1 to 2 minutes.
5. Pour the egg mixture into the skillet and cook just until the egg whites begin to look set around the edges, 1 to 2 minutes.
6. Arrange the sliced grape tomatoes over the top and sprinkle with the dark green sliced green onions and the remaining Parmesan cheese.
7. Transfer the frittata to the oven and continue to cook for about 10 to 12 minutes, or until set. To brown the top more, turn the broiler on high and let it cook for about 1 minute longer.
8. Serve the egg white frittata with marinara sauce, pizza sauce, or salsa on the side, or garnish as desired.

Tips

- An oven-safe nonstick skillet is essential for a frittata. If you use cast iron, make sure it is well-seasoned. Eggs will likely stick to plain stainless steel unless you add an extra tablespoon or two of butter or oil—make sure the oil is hot when you add the eggs.
- When it comes to cheese, don't skimp. The cheese adds protein, flavor, and aids in browning.
- Toppings and garnishes give an egg white frittata pizzazz! Serve your frittata with a few choices, such as marinara sauce, guacamole, sliced avocado, chopped green onions, tomato salsa, salsa verde, sour cream, chives, or fresh chopped parsley or cilantro.

Recipe Variations

- **Tex-Mex Egg White Frittata:** Instead of Italian seasoning, add 3/4 teaspoon of chili powder and 1/4 teaspoon of garlic powder to the eggs along with the salt and pepper. Replace the Parmesan with about 1 cup of shredded cheese, such as a Mexican blend, Monterey Jack cheese, or pepper jack cheese. Garnish with salsa verde, avocado, sour cream, chopped cilantro, or tomato salsa.
- **Cheddar-Ham Egg White Frittata:** Omit the grape tomatoes and replace the Parmesan cheese with sharp or mild shredded cheddar cheese. Sauté about 1/2 cup of diced ham, green onion, and red bell pepper. Add the spinach to the pan or omit it. Garnish with sour cream or ketchup, as desired.
- **Mushroom and Spinach Egg White Frittata:** Omit the grape tomatoes and red bell pepper. Replace the Parmesan cheese with about 1 cup of shredded mozzarella or fontina cheese. Sauté 1 cup of sliced mushrooms with the green onions until they release their liquid. Add the spinach to the pan and cook until the spinach wilts. Continue to cook as directed. To finish, top with the sliced dark green onion tops and the remaining half of the cheese and bake as directed.
- **Broccoli-Cheddar Egg White Frittata:** Omit the green onions and spinach. Replace the Parmesan with 3/4 to 1 cup of shredded cheddar cheese and sauté about 1/2 to 3/4 cup of chopped broccoli with the red bell pepper until tender. Continue cooking as directed and finish with the sliced grape tomatoes and the remaining shredded cheese.

How to Store and Freeze

- This frittata can be stored in the fridge for up to 4 days, making it a perfect grab and go breakfast during the week.
- You can also freeze frittatas. Cut the cooled frittata into individual slices, and place on a cookie sheet in the freezer. Once the slices are frozen, put them in an airtight container or zip-close freezer bag for up to 3 months.

What can I do with a carton of egg whites?

You can make egg white omelets or scrambled egg whites, or lighten your omelet or scrambled eggs with 1 whole egg and about 1/4 cup of liquid egg whites. Swedish sugared nuts are a tasty snack you can make with egg whites. Mini meatloaf muffins are made with egg whites, as is this spectacular Norwegian ring cake.

Why did my frittata puff up?

If the eggs are over-beaten, a frittata can expand and puff up, giving it a spongy texture. Beat the eggs lightly for the best texture.