**Italian Vegetable Frittata**

**Serves two**

½ c. chopped onion

½ c. chopped pepper

1 large vine ripened tomato, cut in half and then sliced

2 large eggs plus 2 egg whites

½ c. shredded low fat Swiss or cheddar cheese

2 tsp. olive/canola oil

1 tsp. Italian seasoning

Canola cooking spray

In a large skillet, cook the onion and pepper in oil until tender. In a mixing bowl, whisk together the eggs and egg whites and cheese. Add the pepper mixture and stir until combined. Coat a 9 inch skillet with the canola cooking spray. Pour the egg mixture into the pan then distribute the tomato slices on top. Sprinkle egg mixture with Italian seasoning. Cover the skillet and cook (without stirring) for about 6 minutes or until the frittata is set and the bottom is nicely brown. Alternatively, the frittata can be broiled under a preheated broiler for two minutes. Slide the frittata onto a serving plate and cut into wedges.

Per Serving: 270 calories, 23 g protein, 14 g carb, 5 g sat. fat, 6 g mono fat, 2 g poly fat, 228 g chol, 2.5 g fiber, 325 mg sodium.