



Veggie Frittata Recipe



About This Recipe

Serves: 8
 Mess Rating: 2 (out of 5)
 Prep Time: 5 minutes
 Cook Time: 40 minutes
 Total Time: 45 minutes

Equipment

1 Spatula
 1 Spoon
 1 Cutting board
 1 Serving Platter
 1 Knife*
 1 10" non-stick pan
 1 Medium bowls with cover
 2 Oven mitts
 1 set of measuring cups

Ingredients

12 Large egg whites
 1 small onion, diced
 1 cup of baby spinach, roughly chooped
 1 red pepper, small dice
 1 tablespoon Extra-virgin olive oil
 1/4 cup Low fat cheddar cheese
 Pinch Salt
 Pinch Pepper

Setting Up:

Step 1: Set Up

Have an adult preheat the oven to 375F

Step 2: Prepare the Vegetables

Wash and dry all of the vegetables

Step 3: Cut the Vegetables

With adult assistance, place the onion on the cutting board and peel the outer layer. Then chop the onion into very small pieces. Next chop the red pepper and baby spinach into small pieces.

Step 4: Separate the Egg Whites

Lightly crack an egg on the edge of a medium bowl. Tearing the egg upright, carefully open the shell into two halves, keeping the egg in the lower half. Over the bowl, pour the egg from the one half of the broken shell into the other, letting the egg white fall into the bowl, but keeping the yolk intact in the shell halves as you pour. Repeat until all the white has fallen into the bowl, leaving only the yolk in the shell. Repeat until you have separated 12 egg whites.

Cooking Steps:

Step 5: Saute Vegetables

In a 10-inch non-stick pan over medium-high on the stove top, add 1/2 tablespoon of olive oil and saute the onion and red pepper until the onion is translucent, about 5 minutes. Add the baby spinach and cook until just tender, another 3 minutes or so. Transfer to a medium bowl and allow to cool slightly.

Step 6: Stir in Egg Whites

Stir the egg whites into the veggie mixture.

Step 7: Prepare the Egg & Veggie mixture

Add the remaining olive oil to the pan and then add the egg/veggie mixture. Cover with a lid and cook over medium-low heat, until the edges are lightly browned. Once the eggs have begun to congeal and the edges are lightly browned, using an oven mitt, transfer the uncovered pan to the oven and bake for 25-30 minutes. Allow to stand for a few minutes before serving.

Step 8: Serve

Remove the frittata from pan. Serve on platter. Enjoy!