

Mediterranean Egg White Frittata

Add some excitement to your eggs. This fluffy frittata has roasted red bell peppers, fresh avocado and Mediterranean touches.

Yield: 1 each

Serving Size: 1 - 0

Portions: 24



Ingredients

Measure

Liquid egg whites	3 qts
Whole milk	3 c
Mrs. Dash Garlic & Herb Seasoning Blend	3/4 c
Olive Oil	3/4 c
Red bell peppers, sliced into short thin strips (approx 24 1/2-c)	6 large
Hummus, low sodium, (commercially prepared)	1 1/2 c
Avocado, fresh, small chunks (approx 6 whole)	6 c
Mrs. Dash Garlic & Herb Seasoning Blend	2 Tbsp

Preparation

1. Place the liquid egg whites and whole milk in a large mixing bowl and whisk until frothed/fluffy. Add the 3/4 cup Mrs. Dash Garlic & Herb Seasoning Blend. Whisk to combine but don't over beat. Reserve refrigerated, if not using right away.
2. To Make 1 frittata: Heat 8" omelet size non-stick sauté pan over medium-high heat. Add 1/2 Tbsp olive oil and 1/2 c red bell pepper strips. Cook for 1-2 minutes. Add 1/2 c egg white mixture and briefly stir just to evenly blend ingredients. Cook without stirring for approx. 1 minute. Edges will begin to firm. Remove pan from burner and transfer to a pre-heated 350°F oven and bake until set, approx. 5 minutes. Remove pan from oven, loosen the edges of frittata with heat proof rubber spatula and slide it onto serving plate.
3. Spread 1 Tbsp hummus evenly over the top of frittata. Add 1/4 c avocado over hummus. Sprinkle with 1/4 tsp Mrs. Dash Garlic & Herb Seasoning Blend.
4. Repeat the process for remaining servings.
5. Hint: Top with fresh pico sauce or fresh spouts.

Nutrition Facts

Serving Size: 1 0

Servings: 24

Amount Per Serving

Calories 298

Calories from Fat 208

	Per Serving	% Daily Value*
Total Fat	23 g	35%
Saturated Fat	4 g	20%
Trans Fat	0 g	
Cholesterol	5 mg	1%
Sodium	373 mg	15%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	7 g	
Protein	11 g	

Vitamin A 25 % **Vitamin C** 95 %

Calcium 10 % **Iron** 10 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4