



ASPARAGUS & SUN-DRIED TOMATO EGG WHITES FRITTATA

Intermediate Lifestyle

INGREDIENTS

Zero-calorie non-stick cooking spray
6 (from large or jumbo eggs) egg whites
3 cups of asparagus cut into 1-inch lengthsk (bite-size pieces)
8 sun-dried tomatoes chopped in half
2 TBS basil
¼ TSP of salt
⅛ TSP of pepper

INSTRUCTIONS

—Heat oven to 425°F. Coat baking dish with zero-calorie non-stick cooking spray, set aside.

—Heat large pan over medium heat and spray with zero-calorie non-stick cooking spray. Add asparagus and cook for 2-3 minutes (until they're cooked but still firm). Remove from heat.

—Whisk egg whites in a bowl, stir in sun-dried tomatoes and asparagus. Add basil, salt, and pepper.

—Spoon mixture into baking dish.

—Bake for 12-14 minutes, until firm in the center.

SERVING INFO: (Yields 2 servings) ½ recipe = ½ P, 2 V

Note: If you use 6 eggs instead of whites: ½ serving = 1 ½ P, 2 V