



Spinach Mushroom Tomato Frittata

1 lb.	Spinach (fresh or frozen)
4	Garlic cloves, minced or chopped
1 cup	Chopped onions
2 tsp.	Olive oil
10 ounces	Mushrooms, sliced (about 4 cups)
1 ½ cups	Egg substitute
2 tsp	Dried basil (or 3 tablespoons chopped fresh)
¼ tsp.	Salt
¼ tsp.	Ground black pepper
1	Medium tomato, sliced
½ cup	Parmesan cheese

Makes 6 servings

- Wash spinach, remove and discard stems. Finely chop leaves.
- Sauté garlic and onions in 1-teaspoon olive oil for 3 minutes on medium heat.
- Add spinach, cover, lower heat and cook for 10 minutes. Remove from heat and drain juice.
- In large bowl, combine egg substitute, basil, salt and pepper until blended. Stir in sautéed spinach. Pour mixture into non-stick skillet. Cover and cook over medium-low heat for 15 minutes or until set.
- Sprinkle with cheese. Cover and cook for 2 minutes or until cheese is melted. Cut into 6 wedges and serve immediately.

Nutritional Information:

Calories: 109	Total Fat: 3.33g
Saturated fat: 1.01g	Cholesterol: 3.67g
Carbohydrates: 9.77g	Fiber: 3.68g
Protein: 12.41g	