

## Veggie Frittata

3 whole eggs  
3 egg whites  
1 ½ cup diced boiled potatoes  
½ cup diced onion  
½ tsp garlic powder  
½ lb chopped asparagus  
½ cup chopped red pepper  
1 cup sliced mushrooms  
2 tsp herbs de Provence  
1 Tbsp fresh sage (optional)  
2 Tbsp goat cheese (optional)  
Salt  
Pepper  
2 tsp olive oil or canola oil

Heat oil in medium ovenproof frying pan. Add onion and garlic powder and cook until onions are opaque, about 3 minutes. Add potatoes and stir. Heat for about 5 minutes until slightly brown. Add asparagus, pepper, mushrooms, herbs de Provence and sage. Allow to cook for 5-7 minutes until vegetables are soft. Meanwhile, add eggs to mixing bowl and whisk. Salt and pepper to taste.

Add eggs to pan allowing it cover the entire pan and mixture. Place top over pan and allow to cook on medium for about 10-12 minutes, or until eggs are cooked through. Remove from heat and add small spoonfuls over top the frittata in various sections, so that each slice will have one spoonful. Place in oven on broil for 2 minutes.

Remove from oven and slice in pie like manor. Enjoy!

***Calories 100 Fat 4.5g Sat Fat 2g Carb 9g Fiber 1g Protein 7g Sodium 75mg***