



Ingredients:

- Cooking spray
- 2 c. egg whites
- 1 oz crimini or other mushrooms
- 1 oz mini red and yellow sweet peppers
- 1 large chopped spear of asparagus
- Chopped chives
- 4 oz sliced avocado
- chopped chives (optional)
- Salt and pepper to taste

Instructions:

1. Coat 4 tin servings on a jumbo sized muffin pan
2. Pour 1/2c. of egg whites in each tin. (If using a regular sized muffin tin, pour 1/3c in each tin.)
3. Place an equal portion of mushrooms, peppers and asparagus in each tin.
Bake at 350 degrees for 20 mins or until center is cooked through (test with fork, should come out clean).
4. Serve with 2 oz avocado for each portion.

Mushroom and Pepper Eggwhite Frittata

Serves 2 (two frittatas per person)
242 calories per serving (based on large muffin tin)

9g carb/9g fat/29g protein