

# that's a lotta frittata

PER SERVING (¼<sup>th</sup> of recipe): 120 calories, 2.5g fat, 469mg sodium, 9.5g carbs, 2g fiber, 3.5g sugars, 14.5g protein

*A lotta veggies . . . a lotta flavor . . . a lotta frittata! This thing is very large and extremely delicious.*

## Ingredients

- 4 cups chopped arugula
- 1½ cups fat-free liquid egg substitute
- 1 cup chopped red bell pepper
- 1 cup chopped summer squash (like zucchini or yellow squash)
- ½ cup shredded reduced-fat mozzarella cheese
- ½ cup canned sweet corn, drained
- 1 teaspoon minced garlic
- ¼ teaspoon salt
- Optional: additional salt, black pepper, cayenne pepper

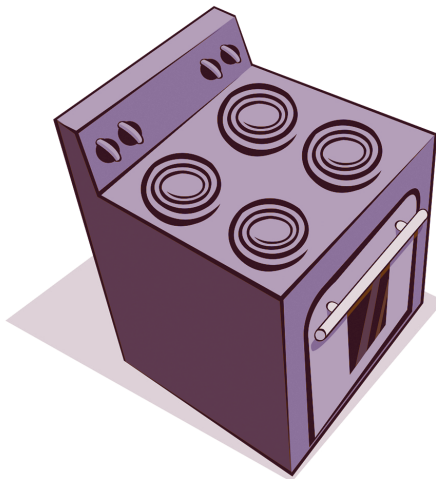
## Directions

Preheat broiler.

In a medium bowl, whisk egg substitute and salt. Set aside.

Spray a large oven-safe pan with nonstick spray. Bring to medium heat on the stove. Add garlic and cook for 1 minute.

Add arugula to the pan, and cook and stir until wilted, 1 to 2 minutes. Remove arugula mixture from pan and set aside.



Remove pan from heat and re-spray with nonstick spray. Return pan to medium heat on the stove. Place bell pepper and squash in the pan. Cook for 3 minutes, stirring occasionally. Add corn and continue to cook for another 2 minutes. Return arugula to the pan, stir, and arrange the veggie mixture so that it covers the bottom of the pan evenly.

Pour egg mixture over veggies, and tilt pan back and forth to ensure egg substitute is evenly distributed. If needed, run a spatula along the sides of the pan to help egg to flow underneath veggies. Cook for 2 minutes, and then remove pan from heat.

Sprinkle mozzarella cheese evenly on top of the frittata. Place pan under the broiler for 2 to 4 minutes, until the egg starts to puff up and the mixture is set.

Allow to cool, then cut into four slices. Season to taste with optional ingredients, if you like. Chew!

**MAKES 4 SERVINGS**



For a pic of this recipe, see the photo insert in chapter xx. Yay!

**HG Tip!** If you're not sure whether the handle of your pan is oven-safe, wrap it with aluminum foil.