

Fiesta Frittata

Ingredients:

- 8 large eggs (or liquid egg whites)
- ¼ cup chopped red pepper
- ¼ cup chopped onion
- 1 tbsp canola or olive oil
- 1 clove garlic, minced
- 1 Tbsp fresh parsley or basil, chopped
- Black pepper to taste
- 2 Tbsps grated parmesan cheese

Preparation:

1. Heat oil over medium heat in a medium skillet.
2. Add red pepper and onion to skillet and sauté until soft.
3. Add garlic to skillet and stir.
4. In a medium bowl crack eggs, add herbs and pepper. Whisk until mixed.
5. Add egg mixture to skillet and cover. Turn heat down to low and cook until top is set.
6. Remove cover, sprinkle with parmesan cheese. Melt under broiler, or replace cover until cheese is melted.

Tips:

1. To reduce the phosphorus content replace all or part of the eggs with liquid egg whites.
2. If following a high potassium diet add sautéed mushrooms, cooked spinach, or sundried tomatoes.

Nutrition Facts (per ¼ recipe):

200kcal, 14g protein (2 servings of protein), 15g fat,
56mg sodium, 173 mg potassium, 197mg phosphorus

