

GARLIC-GREEN BEAN EGG WHITE FRITTATA WITH MUSHROOMS AND TOMATOES serves 1

- 2 teaspoons olive oil or spray the pan
- 3 button mushrooms, sliced
- 1/2 cup cooked green beans
- 4 cherry tomatoes, halved
- 1/2 teaspoon minced garlic
- 3 egg whites beaten with a teaspoon of water
- Pinch each salt and pepper (can sub 1 teaspoon fresh herbs like basil or parsley for the salt, if necessary)
- Teaspoon grated Cheddar or Parmesan cheese for garnish, optional

Heat a 9 or 10-inch non-stick skillet with the oil or spray over medium-high heat and add the mushrooms; cook 2-3 minutes, stirring regularly, or until nearly tender.

Add beans and tomatoes; heat through, stirring. Add the garlic and cook a minute.

Drop egg whites evenly over the vegetables, let set 10 seconds or so. Sprinkle with a good pinch salt (or fresh herbs) and pepper. Stir and lift egg whites with a rubber spatula to allow uncooked portions down into the pan.

You can continue cooking and stirring until the frittata is done or you can lower heat, cover and cook until the whites are set. Flip pan over and turn frittata out onto a plate. Serve hot with cheese garnish, if desired.