



Cheesy Frittata

Ingredients:

2 teaspoons Smart Balance Spread
½ cup sliced onion
½ cup sliced red bell pepper
½ cup sliced zucchini
2 small plum tomatoes, diced
1 tablespoon chopped fresh basil
Pinch freshly ground black pepper
½ cup liquid egg substitute
½ cup 1% cottage cheese
¼ cup fat-free evaporated milk
¾ ounce shredded reduced-fat Monterey Jack cheese

Directions:

Coat an ovenproof 10" skillet with cooking spray and place over medium-low heat until hot. Melt the spread in the skillet. Add the onion, bell pepper, and zucchini and sauté over medium-low until the vegetables are lightly browned, 2-3 minutes. Add the tomatoes, basil, and black pepper to the skillet and stir to combine. Cook until the flavors are blended, 2-3 minutes, and remove from the heat.

Preheat the broiler. In a blender, combine the egg substitute, cottage cheese, and milk and process until smooth. Pour the egg mixture over the vegetables. Cover and cook on medium-low heat until the bottom is set and the top is still slightly wet. Transfer the skillet to the broiler and broil until the top is set, 2-3 minutes. Sprinkle with the cheese and broil until the cheese melts.