



Egg White Frittata with Asparagus and Smoked Salmon

- 4 egg whites
- 1 teaspoon of extra virgin olive oil
- 2 chopped blanched asparagus
- 1 ounce smoked salmon

Directions

1. Preheat the oven to 350 degrees
2. Heat olive oil in an oven-safe skillet over medium heat. Add asparagus, and the salmon. Cook and stir briefly to release the flavors.
3. In a medium bowl, whisk together the egg whites and pour over the salmon and asparagus, and stir gently.
4. Cook over medium heat without stirring, until the edges appear firm.
5. Place the skillet in the preheated oven, and bake for 20 minutes, or until nicely browned and puffed.
6. Flip onto a serving plate, and cut into wedges to serve.