



Egg White Frittata with Zucchini, Roasted Peppers & Basil

Serves: 4

10 eggs, whites only

1 medium zucchini, washed and thinly sliced

1 red bell pepper

1 green bell pepper

4 tablespoons extra virgin olive oil

4 large basil leaves, torn into shreds

Salt and pepper to taste

To roast the peppers:

1. Pre-heat the oven to the high broil setting.
2. Split the peppers in half and place the peppers cut side down on a lightly oiled cookie sheet.
3. Put the cookie sheet on the upper rack of the oven under the broiler and roast the peppers until the skin darkens and begins to blister.
4. Remove the cookie sheet from the oven and allow the peppers to cool.
5. Scrape out the seeds and any bits of the stem from the peppers.
6. Carefully peel the peppers by using a knife and your thumb to pinch the skin and pull it away from the flesh.
7. Cut the finished roasted peppers into thin strips.

For the frittata:

8. Pre-heat the oven to 325 degrees.
9. Heat the olive oil in a small non-stick pan over medium high heat.
10. Add the zucchini and season with salt and freshly cracked black pepper.

11. Toss the zucchini gently in the pan and continue to cook for 2 minutes.
12. Add the roasted peppers and the basil and mix thoroughly with the zucchini.
13. In a non-reactive bowl, whip the egg whites for 30 seconds.
14. Pour the egg whites into the pan and stir with a rubber spatula.
15. Once the egg whites begin to set place the pan in the oven and cook for 7 minutes or until the frittata is firm and the edges pull away from the pan.
16. Turn the frittata out onto a cutting board or plate and cut into quarters.