

Easy Lunch Frittatas

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↑↓ Servings: 6 portion meal



NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
102 kcal	14 g	4 g	3 g	1 g

PREP TIME		COOK TIME		COURSE
5 mins		20 mins		Lunch

INGREDIENTS

- 4 Eggs
- 8 Egg Whites (or 2 cups egg whites in carton)
- 40 mls Water
- 0.5 Cup Broccoli Chopped small
- 0.25 Cup Sweet Onion Chopped Small (eschalots)
- 0.25 Cup Red Pepper (or green if preferred)
- 1 Cup Light Swiss Cheese Shredded
- 1 Pinch Salt and Pepper
- 40 g Fresh Basil Chopped
- 1 Pinch Salt and Pepper

INSTRUCTIONS

1. Pre heat oven to 350 F (170 C) / Spray muffin tins well with Olive Oil.
2. In a medium bowl, mix egg and water, ½ cup cheese, veggies, basil, salt, and pepper pinches.

3. Divide evenly into muffin tins. 1 muffin is 1 portion.
4. Bake 20 minutes
5. Remove muffin tin from oven and evenly sprinkle with remaining $\frac{1}{2}$ cup cheese. Return to oven and bake an additional 5 minutes.

Nutritional Values are for a Single Portion. If you follow the recipe you will be enjoying a 6 portion meal.



KEYWORDS

Lunch