



CEDARS-SINAI®
HEART INSTITUTE



RECIPE:
CHOPPED VEGETABLE
FRITTATA

Makes 2 servings.

This light entree requires a little chopping but is otherwise simple. It's great for a late, lazy breakfast

Nutrition Analysis Calories 224 Fat 4g, Sat fat 0 Cholesterol 0 Protein
(per ½ recipe serving) 18 Carbohydrate 30 Fiber 5 Sodium 275mg

INGREDIENTS	AMOUNT	ITEM
	8-oz container	Egg substitute
	2	Green onions, minced
	1	Tomato, chopped
	½	Red pepper, chopped
	1	Green pepper, chopped
	1 to 2 cups	Mushrooms, sliced
	1 cup	Potato, cooked & sliced
	½	Cucumber, peeled & sliced
	4-oz can	Green chiles
	½ tsp	Garlic powder
	¼ tsp	White pepper
	¼ tsp	Salt, if desired

INSTRUCTIONS

1. In a saute pan prepared with nonstick cooking spray, sauté the vegetables until crisp tender.
2. Pour egg substitute mixed with spices over the sautéed vegetables and cook over medium to low heat for 1 to 2 minutes until egg is cooked. Cover and cook until puffy.