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Mini Italian Frittatas

Ingredients:

- 1 cup egg beaters
- 1/2 cup roasted asparagus
- 1/2 cup chopped extra lean turkey bacon
- 1/2 tbsp parsley

Directions:

1. In a sauce pan, sauté asparagus and turkey bacon.
2. Stir together with egg beaters and parsley.
3. Pour mixture into a mini muffin pan and bake at 375 for 8-10 minutes.