



## **Frittata A**

### **INGREDIENTS:**

2 large whole eggs  
1 large egg white  
1/4 cup low-fat cottage cheese  
1/2 cup chopped broccoli  
1/2 medium onion, chopped

### **DIRECTIONS:**

In frying pan on medium heat, cook onions for about five minutes with fat-free cooking spray; add broccoli and cook for about five minutes.

In a large bowl, mix eggs, and cottage cheese and add to pan, lift and rotate pan so that eggs are evenly distributed; as eggs set around the edges, lift to allow uncooked portions to flow underneath.

Turn heat to low, cover the pan and cook until top is set.

Invert onto a plate.