

FRITTATA WITH SWEET POTATO AND GOAT CHEESE



ingredients:

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| 1 teaspoon canola oil | 6 egg whites |
| 1 small onion, chopped | 1/4 teaspoon salt |
| 1 pint grape tomatoes, halved | 1/4 teaspoon fresh ground black pepper |
| 1 small sweet potato, diced and cooked | 1/4 cup chopped fresh parsley |
| 2 eggs | 2 ounces goat cheese |

directions:

1. Preheat oven to 350 degrees.
2. Heat oil in a cast-iron skillet. Add onions and sauté until soft. Add tomatoes and sweet potatoes, and cook 3-5 minutes more.
3. Beat egg whites until glossy peaks form.
4. In a separate bowl, whisk eggs, then fold into egg whites and season with salt, pepper, and parsley.
5. Pour egg mixture over vegetables. Top with cheese and transfer to oven. Bake until completely cooked through, about 15-20 minutes.

Yield: 4 servings

Nutrition Information Per Serving:

170 Calories
9 grams Fat
4.5 grams Saturated Fat
120 mg Cholesterol
300 mg Sodium
12 grams Carbohydrates
5 grams Sugar
2 grams Fiber
12 grams Protein

Food exchanges: 2 protein,
1 vegetable, 1 starch



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