

Egg White Frittata

Adapted from the “What to Eat When Cookbook”

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Making a frittata makes the most of using an egg as opposed to just eating it plain. Think of it as using the eggs as the glue to hold a bunch of vegetables together. You can use leftover vegetables from previous meals as well as fresh ones.

We use only egg whites which are pumped with flavor and nutrition from the herbs, shitake, ginger, turmeric and vegetables. Serving with a 100% whole grain tortilla complements the frittata, while adding additional fiber and protein.

Makes four servings, serving size – one quarter of frittata

Ingredients:

8	Eggs, fresh, whites only
1 tablespoon	Basil, chiffonade
¼ cup	Chives, fresh, thinly sliced
3 tablespoons	Extra virgin olive oil
¾ cup	Shiitake mushrooms, sliced and halved
¾ cup	Sweet onion, fine diced
¾ cup	Red pepper, fine diced
1 teaspoon	Ginger, fresh, minced
½ teaspoon	Turmeric
¼ teaspoon	Salt
½ teaspoon	Black pepper, coarse ground
2 cups	Spinach leaves, loosely packed
1 each	100% whole grain tortilla

Procedure:

In a bowl combine 8 egg whites, basil, chives and whisk to mix well and lightly aerate the eggs. In a 10 inch non-stick sauté pan, add extra virgin olive oil and heat pan. When pan becomes hot, add shitake mushrooms and stir continuously until they begin to turn light brown to bring out their umami flavor. Then add onion, pepper, ginger and season to taste with salt and pepper while stirring frequently.

As soon as the ingredients are stirred and coated with oil, add the turmeric and sauté until vegetables become tender. Add fresh spinach and cook until wilted. Add beaten eggs evenly around the vegetables and begin to gently fold sides inward from rim of pan where the eggs begin to cook. While tilting the pan in direction of the fold, this allows the loose uncooked eggs to fill that area and cook. Continually doing this around the pan will quickly cook the eggs and begin to create the frittata.

At this point, finish cooking the top of the eggs by putting the pan under a pre-heated broiler, or cover the pan with a plate of the same size. While firmly holding the plate over the frittata, invert the pan upside down. This allows the frittata to safely fall on the plate. Slide the frittata back into the pan to finish cooking the eggs. (See photographs on back side).

Toast the 100% whole grain over open flame or in a dry sauté pan and place frittata on top.

Nutritional Information per Serving:

Calories: 199	Sodium: 296mg	Sugars: 3.6g	Cholesterol: 0mg
Saturated Fat: 1.5g	Fiber: 2.8g	Protein: 9.7g	Carbohydrate: 13.6g

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Sauté mushrooms

Add onions, peppers, ginger, salt, and pepper

Add turmeric

Add spinach, wilt, then add eggs, mixed with chives and basil



Gently fold side's inward, tilt the pan in the direction of the fold to cook loose eggs

Cover top of frittata with a plate, flip upside down, and slide frittata back into the pan to cook the other side



Cook the other side of the frittata

Toast whole grain tortilla over an open flame or in a dry sauté pan



Place the frittata over the toasted tortilla and enjoy!

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