

Egg White Frittata with Spring Vegetables

Ingredients for one 6-inch frittata:

- ➲ 4 egg whites
- ➲ 2 scallions, finely chopped
- ➲ 1 handful baby spinach
- ➲ 5 fresh dill sprigs, chopped
- ➲ 4 chopped cherry tomatoes
- ➲ 1/8 cup shredded Monterey Jack
- ➲ 1/8 cup crumbled feta
- ➲ Penzey's Smoky Salt and cracked pepper to taste
(substitute Kosher salt if desired)
- ➲ 1 tbsp butter

Directions:

1. Preheat oven to 350°.
2. Place your 6" round skillet (not necessary to preheat if you are using a baking dish or ramekin) on a baking sheet and place in the oven for about 10 minutes to heat.
3. In a small skillet, heat butter and sauté scallions and spinach until wilted. Add half of tomatoes.
4. Whisk eggs whites then pour into heated skillet. Add Monterey cheese and sautéed vegetables to egg white mixture.
5. Place in oven and bake for about 10-12 minutes until egg whites are firm.
6. Remove dish from oven, spread crumbled feta, remaining tomatoes and fresh dill over baked eggs. Season with smoky salt and cracked pepper to taste.
7. Serve immediately.

