



Mushroom Frittata

*Makes 6 servings (1 frittata wedge and about 1/3 cup salad mixture.)
Recipe adapted from Cooking Light Magazine.*

Ingredients

2 ounces finely grated fresh pecorino Romano cheese (about 1/2 cup)
¼ teaspoon freshly ground black pepper
8 large eggs
½ teaspoon salt, divided
1 tablespoon extra-virgin olive oil, divided
1 (8-ounce) package sliced mushrooms
¾ cup chopped scallions
¼ cup chopped fresh basil
2 cups baby arugula
1 cup cherry tomatoes (optional)
2 teaspoons lemon juice

Nutritional info per serving

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| Calories: | 145 |
| Total fat: | 9g |
| Cholesterol: | 243mg |
| Total Carbs: | 4g |
| Protein: | 10g |
| Calcium: | 87m |
| Sodium: | 352mg |

Directions

1. Preheat oven to 350°.
2. Combine cheese, black pepper and eggs; add 1/4 teaspoon salt, stirring with a whisk.
3. Heat a 10-inch ovenproof skillet over medium-high heat. Add 2 teaspoons oil; swirl to coat.
4. Add mushrooms and remaining 1/4 teaspoon salt; sauté 6 minutes or until mushrooms brown and most of liquid evaporates.
5. Stir in onions; sauté 2 minutes. Reduce heat to medium.
6. Add egg mixture and basil to pan, stirring gently to evenly distribute vegetable mixture; cook 5 minutes or until eggs are partially set.
7. Place pan in oven. Bake at 350° for 7 minutes or until eggs are cooked through and top is lightly browned. Remove pan from oven; let stand 5 minutes. Run a spatula around edge and under frittata to loosen from pan; slide frittata onto a plate or cutting board.
8. Combine the remaining 1 teaspoon oil, arugula, tomatoes and lemon juice. Cut the frittata into 6 wedges; top with arugula/tomato mixture.