

# Spinach & Bell Pepper Egg White Frittata

8 ingredients · 45 minutes · 4 servings



## Directions

1. Preheat the oven to 400°F (205°C).
2. Grease a baking dish with the oil. Add the bell peppers, onions, spinach, cottage cheese, egg whites, Italian seasoning, salt, and pepper to the dish. Stir gently to mix.
3. Cook in the oven for 30 to 35 minutes or until the egg whites are set. Let cool slightly before serving. Divide evenly between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Freeze separate portions for up to three months.

### Serving Size

A 9-inch (23 cm) round baking dish was used to make four servings.

### More Flavor

Add chili flakes, dill, basil, and/or parsley. Use a few whole eggs to bring more color and flavor.

## Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Red Bell Pepper (medium, chopped)
- 2 **stalks** Green Onion (chopped)
- 1 **cup** Baby Spinach (chopped)
- 1 **cup** Cottage Cheese (drained)
- 2 **cups** Egg Whites
- 1 **tsp** Italian Seasoning
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	156	<b>Cholesterol</b>	9mg
<b>Fat</b>	6g	<b>Sodium</b>	375mg
<b>Saturated</b>	1g	<b>Vitamin A</b>	1948IU
<b>Carbs</b>	5g	<b>Vitamin C</b>	41mg
<b>Fiber</b>	1g	<b>Calcium</b>	65mg
<b>Sugar</b>	4g	<b>Iron</b>	1mg
<b>Protein</b>	20g		