

Avocado, Red Onion and Tomato Frittata
(serves 1)

2 t. olive oil
4 oz. egg whites
1/2 avocado chopped
2 plum tomatoes chopped
2 T chopped red onion
1T chopped fresh cilantro
1T chopped fresh parsley
Salt and Pepper to taste

1. Heat an 8-inch non-stick sauté pan over medium heat. Add olive oil and red onion and cook for 1 minute.
2. Add tomato and season with salt and pepper. Add egg whites immediately after you season. Add avocado and fresh herbs and season with salt and pepper.
3. Cook egg by pushing in from outside to center, in order to make egg fluffy for 1 minute. Place pan under broiler (HIGH) for two minutes or until the top is nicely browned.