



Tomato and Basil Frittata with Cannellini Beans

Yield: 1 Frittata

2 each	Egg, Fresh
1/2 cup	Cherry Tomatoes, Fresh, Halved
1/4 cup	Basil, Fresh, Chopped
1 tbsp	Cheese, Feta, Crumbled
<1/8 tsp	Salt
1/2 cup	Cannellini Beans, Canned, Drained, Rinsed
1 spray	Cooking Spray, Pan Coating



Combine the eggs and salt in a bowl and beat together. Heat a 6" non-stick pan over medium heat. Spray pan with cooking spray and add the eggs and the remaining ingredients. Continue cooking, using spatula to lift the edges of the frittata toward the center of the skillet, while gently tilting the pan so the uncooked eggs run underneath the bottom of the frittata. Cook for 15 to 20 seconds, repeating the process several times until the egg on top is still wet, but not runny, about 2 minutes. Don't worry if the frittata looks a little lumpy.

Carefully run a spatula around the skillet edge to loosen the frittata and flip the frittata in the pan and cook the other side until egg is set. Slide out onto a plate and serve immediately.

Chef's Note: It's important to use a non-stick pan for egg cookery. Another method of cooking a frittata is to start on the stove and finish in the oven, under a broiler. Multiply ingredients by 4 and cook in a 9" skillet.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
292.7	22.1	26.7	11.1	335.7	596.5	6.7	4.3