

Egg White Fruit Frittata (Low Fat)

Source: Burt Wolf's Travels and Traditions, Naples

INGREDIENTS:

4 large egg whites
Nonstick vegetable oil spray
3 TBS 1/4" diced cantaloupe
3 TBS 1/4" diced honeydew
2 whole strawberries, trimmed/thinly sliced
10 fresh blueberries
1 TBS raisins
1/2 banana, sliced
1 tsp honey (optional)
Confectioners' sugar (optional)

DIRECTIONS:

In bowl, whisk egg whites till they're almost stiff. Spray 7"-diameter nonstick skillet or omelet pan with vegetable oil spray. Place over medium heat. Add half the fruit to skillet - sauté about 30 seconds.

Add egg whites – cook 10 seconds, without stirring. With wooden spoon, move egg whites around and cook till they're set and fully cooked (don't move them too much or you'll end up with scrambled egg whites), about 10 seconds longer.

Slide frittata onto a dessert plate. Spoon remaining fruit atop frittata. Drizzle honey over fruit and dust lightly with confectioners' sugar, if desired.

Makes 1 serving

Nutrition Facts: Calories: 193 Fat: 0g Carbohydrates: 34g Cholesterol: 0mg Sodium: 228mg Protein: 16g Fiber: 4g % Cal. from Fat: 0% %Cal. from Carbs: 70%