



# Asparagus Mushroom & Swiss Frittata

**Prep Time:**20 Min **Cook Time:**20 Min  
**Total Time:**40 Min  
Serves 4

## Ingredients

- 1 package (16oz.) Egg Substitute (e.g. Better'n Eggs)
- 1/3 cup shredded Swiss Cheese
- 1/4 cup skim milk
- 1 tablespoon finely chopped fresh basil or 1 teaspoon dried basil\*
- 1 tablespoon olive oil
- 2 tablespoons chopped green onion
- 1/2 pound fresh asparagus spears, cut into 2
- 1 1/2 cups sliced fresh mushrooms

## Instructions

- 1 • In small bowl, stir together eggs, cheese, milk and basil; set aside
- 2 • In 12-inch nonstick skillet heat oil over medium heat
- 3 • Cook green onions, stirring frequently for 1 minute
- 4 • Add asparagus and mushrooms
- 5 • Continue cooking 3 to 4 minutes, stirring occasionally, or until vegetables are crisp
- 6 • Stir in tomatoes
- 7 • Spread vegetables into thin layer to cover bottom of skillet
- 8 • Reduce heat to medium-low
- 9 • Pour egg mixture over vegetables
- 10 • Cover; cook for 6 to 8 minutes, or until eggs are done

## Notes

Calories: 149  
Total Carbs: 8 grams  
Dietary Fiber: 3 grams  
Sugar: 4 grams  
Total Fat: 6 grams  
Saturated Fat: 2 grams  
Protein Fat: 18 grams  
Sodium: 263 grams