

Low-Point Squash and Cheese Frittata

Ingredients:

- 1 large yellow summer squash (about 1 lb.), sliced 8" thick
- 1 Tbs olive oil
- 1/2 Tbs rosemary
- 1/2 tsp. nutmeg
- 1/2 tsp. kosher salt (or regular table salt)
- 1/4 tsp. pepper
- 6 large eggs
- 1/2 cup part skim ricotta cheese
- 4 Tbs parmesan cheese

Slice squash and place in bowl. Add olive oil, rosemary, and nutmeg and toss to coat. Lay squash slices on cooling rack and place cooling rack in or on a large cookie sheet or pan. (You could probably broil squash directly on cookie sheet or pan without the cooling rack as well.) Broil on high for 8 to 10 minutes. Move squash to 10 inch non-stick skillet. In a large bowl, add eggs, ricotta cheese and parmesan cheese. Whisk until smooth. Pour directly over eggs in skillet and cook over medium heat until the center starts to bubble and the sides are just getting firm (about 5 minutes). Place the skillet back in the broiler oven for about 5 minutes to firm up the eggs and lightly brown the frittata. Remove frittata from skillet and place on plate or cookie sheet. Cut into 6 pieces with a pizza cutter.

Total servings = 6

Serving size = 1

Total Points per serving = 3.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)