

Low-Point Mixed Greens and Mushroom Frittata

Ingredients:

- 4 tsp. olive oil, divided
- 1 cup thinly sliced onion
- 1 tsp. minced garlic
- 1/2 to 1 cup chopped fresh mushrooms, (a full cup, if mushrooms are your favorite)
- 1 tsp. kosher salt
- 1/4 tsp. freshly ground pepper
- 4 cups trimmed mixed greens (I used kale, mustard greens, and collard greens. Feel free to use any leafy greens you'd like)
- 4 Tbs freshly chopped basil leaves, divided
- 4 large eggs
- 1 cup reduced-fat shredded cheddar cheese
- 1/4 cup freshly shaved parmesan cheese

Heat a large skillet over medium-high heat. Add 2 tsp. of the olive oil and swirl to coat pan. Add thinly sliced onion and cook about 5 minutes until onion is tender, stirring occasionally. Add garlic, mushrooms, salt, and pepper and cook for a few more minutes. Add mixed greens and cook for about 5 to 7 minutes until greens are slightly wilted and tender. Remove from heat. In a separate large bowl, combine 2 Tbs of the basil, eggs, and cheddar cheese. Whisk until combined. Add mixed green mixture to egg mixture and stir until all greens are coated evenly with egg mixture. Return skillet to medium-high heat and add remaining 2 tsp. olive oil. Return egg/mixed green mixture to skillet and cook for 30 seconds. Reduce heat setting to low and cook, without stirring, about 4 to 5 minutes or until eggs are partially cooked. Sprinkle fresh parmesan on top of frittata and place oven-proof skillet in oven with broiler set on high. Broil until eggs are thoroughly cooked and cheese is starting to brown. Remove (with oven mits!) and let stand for a few minutes. Run a silicone spatula around edges to loosen from pan and slide frittata onto a plate or cutting board. Sprinkle with remaining basil, cut into 6 slices, and enjoy!

Total servings - 6

Serving size - 1

Total Points Per Serving - 4

Total Points Plus Per Serving - 4

"She thought she needed a hero, so she became one." - Anonymous