

Low-Point Squash and Cheese Frittata

Ingredients:

- 6 eggs
- 1/2 cup diced fresh asparagus (optional)
- 1/2 tsp. thyme
- 1/2 cup part skim ricotta cheese
- 1/4 cup parmesan cheese
- 1 Tbs olive oil
- 1 large yellow summer squash (zucchini works as well), sliced 8" thick
- 1/2 tsp. kosher or coarse salt
- 1/4 tsp. pepper

In a large bowl, whisk eggs, asparagus, thyme, ricotta, and parmesan cheese. Set aside. Heat olive oil in a 10-inch non-stick oven-proof skillet over medium-high heat. (The skillet needs to be oven proof because it will eventually need to go under the broiler.) Add sliced squash and sprinkle with salt and pepper. Sauté squash for several minutes on both sides. Pour egg mixture directly over squash 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 under the broiler oven for about 5 minutes to firm up the eggs and lightly brown the frittata. Remove frittata from oven and let cool for about 5 minutes. Slide frittata onto a large plate to serve.

Total servings - 6

Serving size - 1

Total points per serving - 3

Total points plus per serving - 3.5

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

**"When someone else's happiness is your happiness. That's love."
- *Anonymous**