

# Eggcel™ Frittata



## INGREDIENTS

- \* 2 teaspoons olive oil
- \* 1 medium onion, sliced
- \* 2 cups Eggcel™ (52g protein)
- \* 1 whole egg
- \* 285 gm frozen chopped spinach, thawed and squeezed dry
- \* 1 ½ cup cooked brown rice
- \* 225 gm low-fat cottage cheese
- \* 300 ml trim milk
- \* 1 tomato, sliced
- \* ½ teaspoon salt
- \* 1/8 teaspoon ground black pepper

## TO MAKE:

1. Preheat oven to 240°C / 425°F. In a nonstick pan with oven-safe handle, heat oil over medium heat until hot. Add onion and cook, covered, until tender and golden, about 8 minutes, stirring occasionally.
2. Meanwhile, in a large bowl, with fork, stir Eggcel™, whole egg, spinach, rice, cottage cheese, milk, Romano, salt and pepper until blended.
3. Stir egg mixture into onion in the pan, leaving on stove top over medium heat until the sides have set. Pop in the oven for a 5 or so minutes. Cut into wedges to serve.

Makes 4 servings, 265 calories each