

This is one of my favorite recipes; it's healthy, fresh and a big crowd pleaser!

Egg White Frittata

Fresh Herbs, Zucchini, Tomatoes, Parmesan and Ricotta

Serves 6

2 small size zucchini, sliced thinly
2 plum tomatoes, sliced thinly
1/2 cup fresh herbs (sage, basil and parsley), chopped
1 cup freshly grated Parmesan cheese
8 large egg whites
1/4 cup or more extra-virgin olive oil
Salt and freshly ground pepper to taste
1/2 cup fresh ricotta cheese
6 marinated sundried tomatoes, cut into thin strips

Preheat oven to broil setting. Heat olive oil in a 11-inch ovenproof skillet.

Add sliced zucchini and lightly brown on both sides. Add sliced tomatoes and let cook.

In a stainless steel bowl, whisk egg whites; add fresh herbs, Parmesan, salt and pepper. Gently mix with zucchini and tomatoes.

Let cook until egg white mixture sets. Place the ricotta cheese evenly all over the top of the frittata and sprinkle with sundried tomato strips.

Place frittata under broiler and broil until golden brown.

Slice frittata and serve warm or at room temperature.