

## Egg White Frittata with Fruit

### Ingredients

1 ⅓ pints egg whites

5 ⅓ ounces-volume almond milk

2 ⅓ ounces-weight fresh spinach chopped

9 ⅓ ounces-weight fresh mushrooms sliced thin

6 ⅓ ounces-weight mozzarella cheese shredded, part skim

1 teaspoon sea salt

⅓ teaspoon white pepper, grounded



Makes 4 servings

Prep time: 10 minutes

Cook time: 25 minutes

### Preparation

Spray sheet pan with non-stick spray. Spread mushrooms out in a single layer. Roast in oven at 375 degrees F. Stir and roast for an additional 5 minutes or until lightly brown. In a mixing bowl, combine egg whites, milk, cheese, mushrooms, salt and pepper. Mix well to combine. Mix in spinach. Spray 2" half pan with non-stick spray and fill with mixture. Bake at 350 degrees F for 25 minutes. Option: Use muffin pans as pictured above, and cook for less time.

*Recipe from: Sodexo*

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