

Frittata with Fresh Herbs

A frittata is an open-faced omelet. Italian cooks usually welcome in springtime with a recipe like this one because the herbs in their gardens are lush enough to start snipping at their sprigs and leaves.



When I'm not in my Italian home, I'm a city girl, with nothing more than a few potted herbs and tomato plants on my deck. In early fall, before the cold sets in, I start cooking with whatever herbs I still have growing. The beauty of this recipe is that you can choose whatever herbs you may have at arm's length and your frittata will be as sumptuous as this one. I try to include at least three different herbs. Serves 2.

Ingredients

3 eggs
½ cup egg substitute
2 tablespoons fresh chives, thinly sliced
2 heaping tablespoons fresh thyme, stems removed
2 heaping tablespoons fresh, flat leaf parsley, minced
¼ cup fresh basil, ripped into tiny pieces
salt/freshly ground pepper to taste
vegetable spray
1 teaspoon extra virgin olive oil

Directions

1. Place the eggs, egg substitute, the herbs and the salt and pepper in a medium sized bowl. Whisk until all the ingredients are blended.
2. Cover the bottom of a 10-inch frying pan with vegetable spray. Heat over medium flame. Add the olive oil and, when it is warmed, add the egg- herb mixture.
3. Cook the frittata for 5-6 minutes, using a spatula to lift the edges away from the pan. When the bottom looks cook, use the spatula or a flat cover or plate to flip it over to the other side and continue cooking for another 2 minutes.
4. Serve immediately or at room temperature. The combined flavors of the herbs are even more pronounced the following day.

Nutritional Information

Calories: 201
Carbohydrates: 3 g
Protein: 16 g
Fat: 10 g
Saturated Fat: 3 g
Cholesterol: 320 mg
Fiber: 3 g

GI Value: 0 - low