

## Italian Sausage Frittata



Servings: 2

### Nutrition Information:

45 carbohydrates  
420 calories  
6g fiber  
4g saturated fat  
35g protein  
230mg cholesterol  
600mg sodium

### Ingredients:

¼ tbsps. Italian turkey sausage	2 tsp. minced garlic
2 tsp. olive oil	2 large eggs
½ lb. russet or baking potatoes cubed	5 large egg whites
2 cups sliced onion	¼ cup nonfat milk
2 cups washed, ready-to-eat spinach	½ cup fresh basil
2 cups sliced baby Bella mushrooms	¼ tsp. freshly ground black pepper

### Directions:

1. Preheat the broiler. Cut the sausage into 1 inch slices.
2. Heat the oil in a medium, ovenproof, nonstick skillet over medium-high heat. Add the potatoes and sauce for 3 minutes. Add the sausage, onion, spinach and sauce for 3 minutes, stirring several times. Add the mushrooms and garlic. Continue to cook 1 to 2 minutes.
3. Meanwhile, whisk the whole eggs, egg whites, and milk together.
4. Tear the basil into small pieces and add it to the egg mixture along with the black pepper.
5. Pour egg mixture into the skillet and gently stir vegetables to make sure the egg mixture spreads throughout the pan. Press the sausage and vegetables into the egg mixture.
6. Turn the heat to low and cook 10 minutes. Frittata will be mostly cooked through.
7. Place the frittata under the broiler for 1 to 2 minutes to brown.
8. To serve, loosen around edges and cut in half.