

Mushroom and Onion Frittata



Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients:

- 1 each cooking spray
- 1 cup fresh chopped onion
- 1 cup fresh mushroom slices
- 2 tsp. minced garlic
- 1/2 tsp. dried basil
- 2 tbsp. Butter Substitute, sprinkles
- 1 tbsp. reduced fat grated parmesan cheese

Directions:

1. Preheat oven to 450 degrees F. Spray nonstick, oven-safe 12-inch skillet with non-fat cooking spray.
2. Over high heat cook onion, mushrooms, garlic, and basil until fully cooked, about 3 to 4 minutes. Stir frequently.
3. Once fully cooked, stir in Butter Buds. Pour Egg Beaters over cooked mixture.
4. Cook for one minute. Put entire pan into oven. Bake, uncovered, for 4 to 5 minutes or until fully set.
5. Sprinkle with Parmesan topping.
6. Serve on a large serving plate.

Nutrition Facts

Makes 4 servings

Amount per serving:

Calories	39.2
Net Carbs	6.4 g
Dietary Fiber	0.9 g
Total Fat	0.7 g
Protein	1.3 g