

# Spaghetti Frittata

*Makes 4-6 servings*

This is a great budget-friendly dish, perfect for an easy dinner or weekend brunch. Serve with a green salad and toasted baguette slices. Use any combination of your favorite vegetables and herbs to make it your own!

1 teaspoon olive oil	2 egg whites
2 large shallots, halved and sliced thin	¼ cup parmesan cheese
1 cup asparagus sliced into 1" pieces	½ cup whipped cottage cheese or part-skim ricotta cheese
½ cup halved cherry tomatoes	1 Tablespoon olive oil
3 Tablespoons minced cilantro or parsley	1/2 teaspoon salt
1 cup prepared spaghetti	1/4 teaspoon black pepper
6 eggs	

## **Directions:**

1. Preheat oven to 350 deg. F. Set oven rack to the middle setting.
2. In a 10" oven-safe skillet, heat 1 teaspoon olive oil over medium heat. Saute the shallots for 5 minutes, until just browning. Add asparagus. Saute an additional 5 minutes. Transfer shallot-asparagus mixture to a bowl. Fold in the cherry tomatoes, parsley and spaghetti.
3. In a separate large bowl, whisk together the eggs, egg whites and cheeses. Stir in the shallot mixture.
4. In the empty skillet, add 1 Tablespoon olive oil. Swirl to coat the pan surface and heat over medium-low heat. Pour the frittata mixture into the skillet. Cook undisturbed for 10 minutes. Top with salt and pepper.
5. Once the edges are set, place spaghetti frittata in the preheated oven. Bake for 12 – 15 minutes. When the frittata is barely jiggling in the center, turn the oven to broil and brown the top. Transfer the frittata to a plate. Slice and serve.

*Recipe courtesy of Christina Dimacali, Clean Your Plate Chef Services and Cooking Instruction*