Breakfast, Mediterranean

Skillet Frittata with Asparagus and Bok Choy

A golden skillet frittata studded with tender asparagus and baby bok choy, finished under the broiler with melted mozzarella. One pan and about fifteen minutes take it from stovetop to table.



Vegetarian

15 min	130	6 g	3 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 2 tbsp olive oil
- [ ] 1 bunch asparagus (chopped into bite-size pieces)
- [ ] 1 head baby bok choy (chopped)
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 2 cup egg substitute
- [ ] 2/3 cup reduced-fat mozzarella (shredded)

Method

- [ ] **1** Set a large ovenproof skillet over medium heat to warm.
- [ ] **2** Pour in the olive oil, then add the asparagus, baby bok choy, salt, and black pepper. Cook, stirring now and then, until the vegetables soften, 2-3 minutes.
- [ ] **3** Whisk the egg substitute in a large bowl until well combined.
- [ ] **4** Turn the oven on to broil so it heats while you cook.
- [ ] **5** Lower the heat under the skillet to low and pour in the egg substitute mixture. Use a spatula to gently lift the setting eggs around the edge until the sides are firm but the top is still runny, 3-4 minutes.
- [ ] **6** Scatter the shredded reduced-fat mozzarella over the top, then move the skillet to the oven and broil until the center is set and the cheese has melted, 1-2 minutes.
- [ ] **7** Cut the frittata into six equal pieces.

Nutrition Facts

Per serving

Calories	**130**
Total fat	6 g
Saturated fat	2 g
Sodium	450 mg
Total carbs	6 g
Fiber	2 g
Total sugars	3 g
Protein	14 g

diabic.com/recipes

Scan to open this recipe and its shopping list