



Sweet Potato & Goat Cheese Frittata

INGREDIENTS (Yield: 4 servings)

- 1 teaspoon canola oil
- 1 small onion, chopped
- 1-pint grape tomatoes, halved
- 1 small sweet potato, diced and cooked
- 2 eggs
- 6 egg whites
- ¼ teaspoon salt
- ¼ teaspoon fresh ground black pepper
- ¼ cup chopped fresh parsley
- 2 ounces goat cheese

NUTRITION INFORMATION: 170 Calories; 9 grams Fat; 4.5 grams Saturated Fat; 120 mg Cholesterol; 300 mg Sodium; 12 grams Carbohydrates; 5 grams Sugar; 2 grams Fiber; 12 grams Protein

DIRECTIONS

1. Preheat oven to 350 degrees. Heat oil in a cast-iron skillet. Add onions and sauté until soft. Add tomatoes and sweet potatoes and cook 3 – 5 minutes more.
2. Beat egg whites until glossy peaks form. In a separate bowl, whisk egg, then fold into egg whites and season with salt, pepper and parsley. Pour egg mixture over vegetables. Top with cheese and transfer to oven.
3. Bake until completely cooked through, about 15 – 20 minutes.