

MUSHROOM RICE FRITTATA

SERVES 6 • 1 HOUR • GLUTEN FREE

Ingredients:

2 cups water
½ cup brown rice
¾ teaspoon salt
5 large eggs
2 large egg whites
2 tablespoons chopped fresh parsley
½ teaspoon freshly ground pepper
¼ teaspoon ground nutmeg
2 teaspoons extra-virgin olive oil
1 cup chopped red onion
1 pound sliced shiitake mushrooms
½ cup finely shredded fontina cheese
2 oz. ham (finely sliced)
1 tablespoon minced fresh basil

Per Serving:

Calories: 204
Fat: 10 g
Cholesterol: 193 mg
Omega-3: 137 mg
Sodium: 564 mg
Carbohydrates: 18 g
Fiber: 2 g
Sugar: 4 g
Protein: 13 g
Vitamin A: 7%
Vitamin C: 5%
Calcium: 10%
Iron: 10%
Zinc: 15%
Magnesium: 8%

Nutrition Notes:

This protein-rich frittata is an egg-cellent way to start your day off on a high note. While a sugary bowl of cereal may result in a blood sugar crash, beginning the day with a good source of protein and fiber will help you stay more focused all morning long!

Preparation:

Rice: Combine water, rice, and ¼ tsp. salt in a small, heavy saucepan; bring to a boil. Cover, reduce heat to maintain a simmer, and cook until the rice is tender with a slight bite (40 to 50 minutes).

Frittata: While rice is cooking, beat eggs and egg whites in a large bowl with parsley, ¼ teaspoon salt, ¼ teaspoon pepper, and nutmeg.

Heat oil over medium heat in a 10-inch non-stick skillet with an oven-safe handle. Add onion and the remaining ¼ teaspoon each of salt and pepper; cook, stirring, until softened (about 3 minutes).

Stir in mushrooms and cook, stirring frequently, until they release their liquid and the pan is dry (6 to 8 minutes). Reduce heat to medium-low; stir in the cooked rice.

Pour the reserved egg mixture evenly over the rice and vegetables. Partially cover and cook until set around the edges (about 5 minutes). Sprinkle with fontina cheese and ham. Place the pan under broiler and broil until the eggs are set and the top is nicely browned (about 2 minutes). Sprinkle with fresh basil and serve.

