

# From our kitchen to yours



## Spaghetti Frittata

### Ingredients:

1/3 cup	Chopped Green Onion	2	Large Eggs
1	Garlic Clove, Minced (or 1/4 tsp powder)	4	Egg Whites (large)
3/4 cup	Finely Chopped Roma (plum) Tomato	2 cups	Cooked Spaghetti (or other pasta)
2 tsp	Olive (or Cooking Oil)	3/4 tsp	Salt
1/2 tsp	Salt	1 tsp	Olive (or cooking oil)
1/4 tsp	Dried Sweet Basil	1/4 cup	Grated Medium Cheddar Cheese (optional)
sprinkle	Freshly Ground Pepper		

### Directions:

Sauté green onion, garlic and tomato in first amount of olive oil in large ovenproof frying pan for about 3 minutes until tomato is soft.

Add first amount of salt, basil and pepper. Stir.

Beat eggs and egg whites together in medium bowl until frothy. Add tomato mixture. Stir.

Add spaghetti and second amount of salt. Stir.

Heat second amount of olive oil in same frying pan on medium. Add spaghetti mixture. Distribute evenly on bottom of frying pan. Cover. Cook for 5 minutes. Top will not be completely set.

Sprinkle with cheese. Place frying pan under broiler for 1 to 2 minutes until cheese is melted and egg is set. Cuts into 4 wedges.

