



# Egg White & Smoked Salmon Frittata

## INGREDIENTS

1 TBS olive oil	½ medium onion; diced	12 large egg whites
¼ cup milk	6 ounces smoked salmon; sliced into small pieces	
4 oz. goat cheese; crumbled	1 bunch chives; chopped	2 TBS dill; chopped
¼ tsp black pepper	3 whole scallions; diced	

## DIRECTIONS

Preheat oven to 350 degrees F. Heat oil in an oven-safe nonstick skillet over medium heat. Add onion and cook for 3 to 4 minutes, stirring until onions soften, brown and smell sweet. In a large bowl, add the egg whites and whisk until frothy, about 30 seconds. Stir in milk, salmon, goat cheese, chives, dill, and pepper. When onions have softened, pour the egg and salmon mixture into the pan. Cook, undisturbed over medium heat for 3 to 4 minutes, or until the edges begin to set. Transfer pan to the oven and bake for 12 minutes, or until the frittata has set. It will have puffed slightly, and the center should be firm. Sprinkle with scallions, then slice into 8 pieces. Makes 8 serving; approximately 100 calories each.