



Italian Sausage Frittata

Makes 2 servings

Ingredients

¼ pound Italian turkey sausage
 2 teaspoons olive oil
 ½ pound russet or baking potatoes, cut into ½-inch cubes
 (about 1½ cups)
 2 cups sliced onion
 2 cups washed, ready-to-eat spinach
 2 cups sliced, baby portobello mushrooms

2 teaspoons minced garlic
 2 large eggs
 5 large egg whites
 ¼ cup nonfat milk
 ½ cup fresh basil
 ¼ teaspoon freshly ground black pepper

Instructions

1. Preheat the broiler.
2. Cut the sausage into ½-inch slices.
3. Heat the oil in a medium, ovenproof, nonstick skillet over medium-high heat.
4. Add the potatoes and sauté 3 minutes.
5. Add the sausage, onion and spinach and sauté 3 minutes, stirring several times.
6. Add the mushrooms and garlic.
7. Continue to cook 1 to 2 minutes.
8. Meanwhile, whisk the whole eggs, egg whites and milk together.
9. Tear the basil into small pieces and add to the egg mixture along with the black pepper.
10. Pour egg mixture into the skillet and gently stir vegetables to make sure the egg mixture spreads throughout the pan.
11. Press the sausage and vegetables into the egg mixture. Turn the heat to low and cook 10 minutes. Frittata will be mostly cooked through.
12. Place the frittata under the broiler for 1 to 2 minutes to brown. Watch to make sure the top doesn't brown too much.
13. To serve, loosen frittata around edges, cut in half and slip each half onto an individual plate.

Nutrition Facts

Serving size: ½ frittata; calories: 420; fat: 55g; saturated fat: 3.5g; cholesterol: 230 mg; sodium: 600mg; carbohydrates: 45g; dietary fiber: 6g; protein: 35g; sugar: 10g; potassium: 1,600mg

Recipe adapted from www.diabetes.org

