

# MEXICAN FRITTATA



## Method

Preheat the oven to 375 degrees F (190 degrees C)

Add vegetable broth to an 8-inch ovenproof skillet over medium heat.

Add leeks, green onion and mushroom, cooking until softened, approximately 3 to 4 minutes.

Add the tomatoes, smoked paprika, garlic powder, chipotle chili powder, cayenne pepper, dried oregano, salt and fresh parsley. Cook for 1 minute, stirring occasionally.

In a medium bowl, whisk eggs and egg whites together.

Pour eggs over onion and leek mixture. Cook without stirring for 2 minutes. Gently stir. Cook for another minute without stirring.

Bake for 8 to 10 minutes until firm or set throughout.

Cool for 5 minutes in pan. Cut into 6 wedges. Serve warm.

## Time

25 minutes

## Serves

2

## Calories (per serving)

185

## Carbs (per serving)

15g

## Fat (per serving)

5g

## Protein (per serving)

19g

## Ingredients

- 2 Eggs
- 6 Egg Whites
- 3 tbsp vegetable broth
- 2 cups diced leeks
- 3 stalks chopped green onions
- 2 tbsp canned diced tomatoes
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp chipotle chili powder
- 1/4 tsp cayenne pepper
- 1/4 tsp dried oregano
- 3/4 tsp salt
- 2 tbsp freshly chopped parsley
- 1/2 cup button mushrooms