Mini Vegetable Frittatas
Makes 6 servings.
Adapted from “A DASH of Aloha”

This frittata is mostly vegetables, so egg substitute acts as a binder rather than a base. Use a good-quality, flavorful cheese to add richness. This is great alone as finger food, or you can also top the frittata with a dab of Greek yogurt or fat-free cream cheese and some chopped fresh tomato or a little smoked salmon or lean turkey or ham for a light meal. The frittata also makes a good filling for oat biscuits (see bread chapter); a less-fat version of those Mickey D’s breakfast muffins. Silicon baking molds are great if you are watching fat since they do not require greasing. Never use cooking spray on silicon, as it will clog the micropores.

1/2 tsp. Canola oil
2 cloves Garlic, minced
12 Cherry tomatoes, halved (or ½ large Roma tomato, chopped)
8 oz. Frozen spinach, chopped (or broccoli or Swiss chard)
1/4 tsp. Fish sauce (or anchovy paste)
1/4 tsp. Pepper
1/4 tsp. Red pepper flakes, or to taste
1 T. Grated Parmesan cheese (or Pecorino Romano)
6 T. Egg substitute

1. Pre-heat oven to 325° F
2. Preheat a non-stick pan over medium-high heat, add oil and garlic, saute briefly. Add tomatoes, spinach, fish sauce, pepper and red pepper.
3. Cook till most of the liquid evaporates and tomatoes start to soften.
4. Divide mixture into a 6-muffin silicon baking mold or nonstick muffin tin.
5. Add 1/2 tsp Parmesan and 1 T egg to each cup. Bake for 30 minutes or till egg is firm, but not browned.
6. There may be a little liquid on top; it will settle as it cools. Cool completely in pan before removing to plate.