

# High-Protein Frittata



## INGREDIENTS:

- 6 egg whites
- 1 large egg
- 1/4 cup** CHIKPRO™ chicken protein isolate powder
- 1 tsp** olive oil
- 1 clove garlic, finely chopped
- 6 asparagus spears, tough ends removed and cut into 1-inch pieces
- 1 cup fresh spinach, chopped
- 2 green onions, sliced
- 1/4 cup** feta cheese
- Salt and pepper, to taste

## DIRECTIONS:

1. Preheat oven to 350 °F. Whisk together egg whites, egg, and CHIKPRO™.
2. In oven-safe pan, heat olive oil on medium and cook garlic 1-2 minutes.
3. Add asparagus, spinach, and green onions and cook until asparagus is tender and spinach wilts.
4. Pour egg/CHIKPRO™ mixture over asparagus, spinach, and onions. Sprinkle in half of cheese.
5. Cook 5-6 minutes on low heat. When eggs are mostly set, sprinkle rest of cheese.
6. Bake for 10-15 minutes, or until frittata is firm and cheese is melted.

