

Spaghetti, Artichoke and Zucchini Frittata

Servings: 6 @ 4 Points

Preparation Time: 20 min

Cooking Time: 21 min

Frittatas are a wonderful way to use up small bits of leftovers

Ingredients

5 large egg(s)

1/2 tsp table salt

1/4 tsp black pepper

1 3/4 cup(s) cooked whole-wheat spaghetti, made fresh or leftover

14 oz canned artichoke hearts, without oil, drained, cut into wedges

3/4 cup(s) shredded fat-free mozzarella cheese

1/3 cup(s) parsley, fresh, chopped

1 Tbsp olive oil, divided

1 medium onion(s), chopped

1 medium zucchini, shredded

2 tsp minced garlic

14 1/2 oz canned tomato sauce, Italian-style

Instructions

Place oven rack in top position in oven. Preheat oven to 375°F.

In a medium bowl, beat together eggs, salt and pepper. Stir in spaghetti, artichoke hearts, cheese and parsley; set aside.

Heat 1 teaspoon of oil in a large nonstick skillet with an ovenproof handle over medium-high heat. Add onion and sauté until lightly browned, about 3 minutes. Add zucchini and sauté until vegetables are tender, about 3 minutes more. Stir in garlic; cook 30 seconds until fragrant. Spoon vegetable mixture into bowl with egg mixture; carefully wipe skillet clean with a paper towel.

Heat remaining 2 teaspoons of oil in skillet; swirl to coat pan. Add egg-vegetable mixture; cover and cook over low heat, without stirring, until bottom is lightly browned, about 3 to 5 minutes.

Transfer skillet to oven and bake until frittata is completely set in center, about 5 minutes.

Meanwhile, heat sauce in microwave or in a small saucepan over low heat.

Loosen edges of frittata with a spatula and then invert frittata onto a serving platter. Cut into 6 wedges; serve drizzled with warmed sauce. Yields 1 slice of frittata and about 1/4 cup of sauce per serving.