

Mushroom, Five Cheese & Portuguese Sausage Egg White Frittata

Ingredients *(See featured products on specified page numbers)*

12 large eggs, whites only (3 eggs per person)	1 package of Portuguese sausage (Hot, Medium or Mild)
½ small red onion, diced	Pinch of salt and black pepper
8 oz. package Kraft pre-shredded Italian style five-cheese blend	Nonstick cooking spray
1 package of mushrooms, sliced	

Directions *(Serves 4-6)*

Preheat oven to 400°. Spray a 12-inch non-stick oven safe skillet pan with nonstick cooking spray. Heat pan over medium heat. Cut the Portuguese sausage into small pieces. Add the sausage to the pan and cook for 5 minutes. While cooking, separate the egg whites from the yolks and discard the yolks. Place the egg whites in a bowl, add a pinch of salt and black pepper, and whisk the egg whites together for 30 seconds or until foamy. Slice up the onions and mushrooms. After the Portuguese sausage is cooked, blot away the excess oil on the pan with a paper towel. Add the onions and mushrooms and cook for a 1-2 minutes. Now add the egg whites to the skillet and place the cheese on top (do not stir the eggs). Place the skillet into the oven and bake for 15-20 minutes. Complete the dish by dividing the frittata among plates evenly. Serve with toasted English muffins or whole-wheat toast.

Total time: 35 minutes

For a copy of this recipe and more information on Chef Ryan, please visit www.ktasuperstores.com

