

Zucchini-Tomato Frittata Sandwiches

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Dash Magazine - September, 2013

Servings: 4

3 large egg whites
2 large eggs
2 tablespoons fresh basil, sliced
Kosher salt
freshly ground pepper
1 tablespoon olive oil
1 medium zucchini, thinly sliced
2 plum tomatoes, seeded and chopped
1 clove garlic, minced
8 slices crusty Italian bread, toasted
2 tablespoons olive tapenade
1 large bunch or handful arugula

Preparation Time: 20 minutes

In a medium bowl, whisk the egg whites, eggs and basil. Season with salt and pepper.

Warm the oil in a nine-inch nonstick skillet over medium-high heat. Add the zucchini and saute' for 2 minutes. Add the tomatoes and garlic. Saute' for 1 minute. Spread the vegetables in an even layer in the skillet. Pour the egg mixture into the skillet. Reduce the heat to low and cook for 2 minutes.

Cover and cook until the top of the egg mixture is set, about 5 minutes. (For a browned top, put the frittata under the broiler for 30 seconds to 1 minute.) Run a spatula around the sides and bottom of the skillet to loosen the frittata then slide onto a cutting board. Slice into four wedges.

Put four bread slices on a work surface. Spread each with tapenade. Top with one frittata wedge and then some arugula. Sandwich with the remaining bread slices.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 94 Calories; 6g Fat (56.9% calories from fat); 7g Protein; 4g Carbohydrate; 1g Dietary Fiber; 106mg Cholesterol; 81mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.

Sandwiches

Calories (kcal): 94
% Calories from Fat: 56.9%
% Calories from Carbohydrates: 15.1%
% Calories from Protein: 28.0%
Total Fat (g): 6g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 106mg
Carbohydrate (g): 4g
Dietary Fiber (g): 1g
Protein (g): 7g
Sodium (mg): 81mg
Potassium (mg): 269mg
Calcium (mg): 27mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 11mg
Vitamin A (i.u.): 533IU
Vitamin A (r.e.): 76RE

Vitamin B6 (mg): .1mg
Vitamin B12 (mcg): .4mcg
Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): .3mg
Folacin (mcg): 29mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Daily Values* n/a%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 94 **Calories from Fat:** 54

% Daily Values*

Total Fat	6g	9%
Saturated Fat	1g	6%
Cholesterol	106mg	35%
Sodium	81mg	3%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	4%
Protein	7g	
Vitamin A		11%
Vitamin C		18%
Calcium		3%
Iron		5%

* Percent Daily Values are based on a 2000 calorie diet.