



## SALMON FRITTATA

### INGREDIENTS

1 tsp. extra virgin olive oil  
1/4 cup sweet onion, diced  
1/4 cup frozen or fresh steamed corn kernels  
1 (4-oz) can of salmon, drained  
1 (vine) tomato, diced  
1/4 cup red bell pepper, chopped  
1 whole egg + 1 egg white, lightly beaten  
4 cups fresh spinach (raw)  
1/4 cup avocado, sliced  
1/4 cup of your favorite salsa  
1 tbsp. fresh mint or basil, chopped  
Freshly ground black pepper  
Pinch sea salt

**Optional:** 3 tbsp. shredded cheddar cheese

### DIRECTIONS

In a heavy skillet, heat olive oil over medium heat. Cook onion until softened or light in color.

Add corn, salmon, tomato, and bell pepper. Gently stir to combine and continue to cook for approximately 4 minutes.

Pour eggs over mixture. Cook at medium heat for approximately 4 minutes. Remove skillet from stovetop and place under a broiler until light golden brown.

Cut frittata into wedges and serve on a bed of spinach topped with fanned avocado slices and salsa.

Sprinkle with fresh herbs, salt, and pepper.

Sprinkle with cheddar cheese if desired.

**Note:** You may use Bibb lettuce or mixed greens instead of spinach.

### BRENDA'S TIP

This is my favorite quick and easy meal for breakfast, lunch or dinner. I especially love it because it's easy when company drops in unexpectedly.



**CALORIES:** 260 • **PROTEIN:** 23 grams • **FIBER:** 5 grams  
**SERVING SIZE:** 1 wedge • **SERVES:** 2