

## **Smoked Salmon & Neufchatel Frittata**

### **Ingredients**

3 whole eggs  
3 egg whites  
Pinch salt  
1 tablespoon chopped chives  
1/2 cup milk  
Pam cooking spray (or 1 teaspoon canola oil)  
1/2 cup Neufchatel cheese (or whipped cream cheese)  
2 ounces diced lox

### **Instructions**

Preheat oven to 400 degrees F. In a large bowl, combine eggs, egg whites, salt, chives and milk and mix well.

Spray a nonstick, ovenproof sauté pan with cooking spray (or place canola oil in pan and coat pan, swirling to distribute as you heat pan) and heat pan over medium heat for 30 seconds. Add egg mixture. Using a spatula, move egg mixture so that it cooks evenly for about 30 seconds, or until eggs begin to set. Remove from heat.

Spoon Neufchatel cheese by tablespoons evenly over egg mixture. Top with diced lox.

Place pan in oven and bake until slightly browned all over, about 15 to 20 minutes.

Remove from oven and cut into 4 equal wedges.

### **Makes 4 servings**

Each serving contains approximately:

160 calories  
4 gm. Carbohydrate  
10 gm. Fat  
186 mg. Cholesterol  
14 gm. Protein  
348 mg. Sodium  
Trace fiber