



Mixed pepper frittata with goat's cheese

By combining 1 whole egg, and 2 further egg whites, you are reducing the fat content within your meal, making it perfect for weight loss. This recipe makes a fantastically quick lunch or a light dinner after a long day.

Ingredients

- 1/2 onion, chopped
- 1/2 red pepper, chopped
- 1/2 green pepper, chopped
- 2 TBS water
- 3 eggs
- 25g goat's cheese, crumbled



Serves 1

Method



1. Fry the onion, peppers and water, then cover and steam until cooked
2. Beat 1 whole egg and 2 egg whites together, then add to the pan
3. When cooked underneath, dot with the goat's cheese and grill until melted

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