

# Salmon Vegetable Frittata

*Salmon is not just for dinner. Try this warm and tasty frittata for your next breakfast. You can make this one even healthier by using egg whites instead of the whole egg.*

Recipe Type: Breakfast, Seafood

Degree of Difficulty: Moderately difficult

## Ingredients

2 cups mushrooms, sliced  
¼ cup green onion, sliced  
1 Tbs butter or margarine  
4 oz smoked salmon, cut into small pieces  
6 Egg  
1 cup Skim milk  
¼ tsp paprika  
¼ tsp pepper



## Directions

- 1 Preheat oven to 350 degrees.
- 2 Sauté mushrooms and onion in melted butter using an oven-proof skillet for about 3 - 5 minutes.
- 3 Whisk eggs, milk, paprika and pepper with a wire whisk until well blended.
- 4 Add smoked salmon and the egg mixture to the cooked onions and mushrooms in the oven-proof skillet. Blend together.
- 5 Place pan in the oven and bake for 30 minutes.
- 6 Cut into 6 wedges and serve.

## Cooking Times

Preparation Time: 10 minutes  
Cooking Time: 30 minutes  
Total Time: 40 minutes

## Nutrition Facts

Nutrition (per serving): 131 calories, 7.6g total fat, 3g saturated fat, 196.3mg cholesterol, 468.3mg sodium, 3.6g carbohydrates, <1g fiber, 2.8g sugar, 12g protein.

Servings: 6

## Weight Watchers Points

Note: The salmon, eggs and vegetables are not included in the calculation of the FreeStyle SmartPoints. All other points do not include the veggies.

Orig. WW Pts: 3

Points Plus: 3

Smart Points: 4

FreeStyle Smart Points: 1

## Tips

If you don't have an oven safe skillet, simply transfer everything into an oven safe baking dish.