

Egg White Frittata Muffins

32 oz liquid egg whites

1 cup finely chopped mushrooms

½ cup finely chopped onion

1 cup finely chopped spinach

2 slices Jennie O Extra Lean Turkey bacon, crumbled

¼ cup shredded almond cheese

Preheat oven to 350 degrees. Cook bacon in microwave following package directions. Sauté mushrooms, onion and spinach in a pan to desired doneness/consistency. In a large bowl, mix together egg whites, veggies, bacon and cheese. Spray a large-sized muffin (6 muffins) with non-stick cooking spray. Fill pan half-full with egg white/veggie/bacon mixture. Cook in oven for 30-40 minutes, checking frequently. Eggs are done when no longer soft.