

# Mushroom & Bacon frittata

**Makes:** 6 Servings

## Ingredients

2 Tbsp low fat spread  
1/2 cup chopped mushrooms  
1/2 cup chopped cooked lean bacon  
7 eggs  
1/8 tsp ground nutmeg  
1/4 cup chopped fresh parsley  
1/2 cup grated low fat cheddar cheese  
salt and pepper to taste



## Instructions

In a medium oven proof frying pan, melt the spread and saute the mushrooms and Bacon for 3 – 5 minutes. Whisk the eggs together in a large bowl. Add nutmeg, then salt and pepper to taste. Pour the eggs over the mushroom and bacon mixture. Gently stir in the parsley and grated cheese. Bake in a 375 degree (F) oven for about 20 – 25 minutes or until firm. Serve.

## Nutrition information:

Each Serving:  
Kcal 195  
Fat 6g  
Net Carbs 1g  
Protein 13g