



Baked Apple Frittata

Serves 4

1 tablespoon sugar and 1 teaspoon sugar, divided use
1/2 teaspoon ground cinnamon and 1/4 teaspoon ground cinnamon, divided use
1/3 cup fat-free milk
1/4 cup all-purpose flour
1/2 teaspoon vanilla extract
1 1/2 cups egg substitute
Cooking spray
1 teaspoon canola or corn oil
2 medium Granny Smith apples (about 10 ounces total), peeled, cored, and thinly sliced
1/2 cup fat-free vanilla yogurt

Preheat the oven to 425°F. In a small bowl, stir together 1 tablespoon sugar and 1/2 teaspoon cinnamon. Set aside. In a medium bowl, whisk together the milk, flour, vanilla, and remaining 1 teaspoon sugar until smooth. Thoroughly whisk in the egg substitute.

Lightly spray a heavy 10-inch ovenproof skillet with cooking spray. Pour in the oil, swirling to coat the bottom. Heat over medium-high heat. Cook the apples for 3 minutes, stirring frequently. Reduce the heat to medium. Stir in the reserved sugar mixture. Cook for 30 seconds, or until the sugar is melted, stirring frequently. Remove from the heat. Spread the apples evenly. Pour the batter over the apples. Bake for 8 to 10 minutes, or until the frittata is golden and slightly puffed. Meanwhile, in a small bowl, whisk together the yogurt and remaining 1/4 teaspoon cinnamon.

Cut the frittata into 4 wedges. Serve topped with the yogurt mixture.

Nutritional Analysis

Serving Size: 1 wedge and 2 tablespoons yogurt

Calories	168
Fat	1.5g
Saturated Fat	0g
Monounsaturated Fat	1g
Polyunsaturated Fat	0.5g
Trans Fat	0.0g
Cholesterol	1mg
Sodium	217mg
Carbohydrates	27g
Dietary Fiber	1g
Protein	12g
Sugars	19g

Diabetic Exchanges: 2 carbohydrates, 2 very lean meat