



Air-Fryer Sun-Dried Tomato & Mozzarella Frittata



1/2 of frittata (2 quarters): 270 calories, 5.5g total fat (3.5g sat. fat), 656mg sodium, 16g carbs, 3g fiber, 7g sugars, 34g protein

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Prep: 10 minutes **Cook:** 25 minutes

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Ingredients

2 cups (about 16 large) egg whites or fat-free liquid egg substitute
2 tbsp. whipped cream cheese
1/4 tsp. garlic powder
1/4 tsp. onion powder
2 cups baby spinach
1/3 cup chopped sun-dried tomatoes (bagged or rinsed)
1/3 cup shredded part-skim mozzarella cheese
2 tbsp. chopped fresh basil

Directions

Spray [an 8-inch air-fryer-safe pan](#) with nonstick spray.

In a medium bowl, combine egg whites/substitute, cream cheese, and seasonings. Whisk until uniform.

Add spinach and tomatoes. Gently mix.

Transfer mixture to the pan. Top with mozzarella cheese. Place pan in the air fryer.

Set air fryer to 350°F. Cook until firm, cooked through, and light golden brown, 20–22 minutes.

Serve topped with basil.

MAKES 2 SERVINGS

Oven Alternative! Bake in an 8-inch baking pan at 375°F until firm, cooked through, and lightly browned, 25–30 minutes.

See how it's done! Get inspired... [Watch just how easy it is to make this frittata.](#)

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