



## Tortilla-Shell Veggie Frittata



Entire recipe: 288 calories, 7g total fat (4g sat. fat), 848mg sodium, 26.5g carbs, 8.5g fiber, 4g sugars, 32g protein

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**Prep:** 10 minutes    **Cook:** 20 minutes



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### Ingredients

- 1 low-carb flour tortilla with 70 calories or less (about 8 inches in size)
- 2/3 cup (about 6 large) egg whites or fat-free egg substitute
- 1/4 cup low-fat cottage cheese
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/4 cup chopped spinach
- 2 tbsp. chopped bell pepper
- 2 tbsp. chopped tomatoes
- 2 tbsp. shredded reduced-fat cheddar cheese

### Directions

Spray an [8" air-fryer-safe pan](#) with nonstick spray. Place tortilla in the pan.

In a medium bowl, combine egg whites/substitute, cottage cheese, and seasonings. Whisk well.

Transfer egg mixture to the pan. Top with veggies and cheese.

Set air fryer to 350°F. Cook until firm, cooked through, and light golden brown, 15-17 minutes.

MAKES 1 SERVING

**Oven Alternative:** Bake at 375°F until firm, cooked through, and light golden brown, 18-20 minutes.

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