



Harley Pasternak's Oatmeal Berry Frittata

Ingredients:

- 3 tablespoons quick-cooking oats
- 1/4 cup fruit, whatever you prefer (such as blueberries, shredded apple, or chopped strawberries)
- 6 tablespoons egg whites (from 3 to 4 eggs)

Instructions:

- Spray a 6-inch nonstick skillet with nonstick cooking spray and place over medium heat.
- When the pan is hot, sprinkle the oats over the bottom of the pan and shake them into a single even layer.
- Sprinkle the fruit over the oats and pour the egg whites evenly over the oats, soaking them through.
- Place a lid on the skillet and cook, undisturbed, until the whites begin to set on top, about 1 minutes.
- Flip the frittata over and continue cooking until the eggs are completely set, about 30 seconds more. Serve immediately.