

CORN AND SMOKED MOZZARELLA FRITTATA

1 ½ cup fresh corn kernels (from about 3 ears)

¼ cup shredded smoked mozzarella

1 tbsp chopped fresh basil

Sea salt, pepper – to taste

6 large egg whites, lightly beaten

2 large eggs, lightly beaten

Preheat broiler.

Heat a medium nonstick skillet over medium-high heat. Coat pan very lightly with of olive oil. Add corn and sauté 5 minutes. Combine corn, 2 tbsp cheese, basil, and the remaining ingredients in a large bowl, stirring with a whisk.

Heat skillet over medium heat. Coat again very lightly with olive oil; add corn mixture. Cover and cook 5 minutes or until almost set. Sprinkle with 2 tbsp cheese. Wrap handle of pan with foil. Broil 5 minutes or until set and browned.

Total time: 30 minutes

Serves 4

From Eating Light