Mushroom and Smoked Salmon Frittata

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 15 minutes
Cooking Time: 5 minutes
Serves: 6 or 12 as an appetizer
Average cost per serving: $1.63 (based on 6 servings)

1 tablespoon light butter
8 ounces white button or crimini mushrooms, thinly sliced
1/4 teaspoon salt
1/4 teaspoon pepper
3 large eggs
6 large egg whites
1/3 cup green onions, thinly sliced
4 ounces smoked salmon, chopped*
2 tablespoons grated parmesan cheese

Heat oven to broil with top rack about 4” from broiler.

Heat a 10” nonstick, oven-proof skillet over medium high heat. Melt butter until foamy. Add a single layer of mushrooms and cook, without stirring, for about 5 minutes or until mushrooms become red-brown on one side. Season with salt and pepper. Flip and cook about 5 minutes more, until other side is same color. Reduce heat to medium low.

In a large bowl, whisk eggs until frothy and add onions. Pour over mushroom mixture and stir once or twice to combine, gently lifting set eggs from bottom of the pan, letting the loose mixture set on the bottom. Add smoked salmon. Cover and continue to cook, without stirring, for 5 minutes, until eggs are set. Sprinkle with cheese and place pan under broiler until cheese melts, about 2 minutes.

Remove pan from oven, place a plate over the pan. Quickly turn the frittata onto the plate. Cut into wedges and serve.

Hint: to save money, purchase “lox trimmings” which are available at most major grocery stores. This recipe also works well as a mushroom only frittata. Substitute 3/4 cup shredded swiss or herbed cream cheese for the smoked salmon.

Nutrition Facts

Serving Size (127g)
Servings Per Container

Amount Per Serving

Calories 100	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 115mg	**38%**
Sodium 380mg	**16%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 12g	

Vitamin A 4% • Vitamin C 2%
Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

fresh Mushrooms

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