



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: \$2.52 (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
- 12 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 (165g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 195mg	65%
Sodium 260mg	11%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 43g	
Vitamin A 6%	Vitamin C 4%
Calcium 8%	Iron 8%
*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	

Each serving provides: 280 calories, 11g fat (17% Daily Value), 3.5g saturated fat (18% Daily Value), 195mg cholesterol (65% Daily Value), 260mg sodium (11% Daily Value), 43g protein, 89% Daily Value for selenium, 6% Daily Value for vitamin A, 22% Daily Value for potassium, 8% Daily Value for iron, 4% Daily Value for vitamin C, 8% Daily Value for calcium, 54% Daily Value for vitamin D