

Frittata with Spaghetti and Tomatoes



main meals

POINTS® Value: 6

Servings: 4

Preparation Time: 12 min

Cooking Time: 18 min

Level of Difficulty: Easy

Feel free to add other fresh ingredients you have on hand to your frittata, which is an Italian-style omelet.

Ingredients

- 4 oz uncooked spaghetti
- 4 large egg(s)
- 2 large egg white(s)
- 1/3 cup(s) 1% low-fat milk
- 1/2 tsp table salt
- 1/4 tsp black pepper
- 1 1/2 cup(s) plum tomato(es), seeded and chopped (about 1/2 pound)
- 1 large garlic clove(s), minced
- 1/4 cup(s) basil, chopped
- 1 spray(s) cooking spray
- 2 tsp butter
- 1/2 cup(s) shredded Parmesan cheese, about 2 ounces

Instructions

Cook spaghetti according to package directions, omitting salt and fat. Drain well.

Combine eggs and next four ingredients in a large bowl; beat well with a whisk. Add spaghetti, tomato, garlic and basil; stir well.

Preheat broiler.

Coat a large ovenproof nonstick skillet with cooking spray; melt butter in pan over medium heat. Add egg mixture. Cook, uncovered, 13 minutes or until top is almost set. Sprinkle with cheese.

Wrap handle of pan with foil; broil 4 to 5 minutes or until set. Cut into wedges. Yield: 4 servings (serving size: 1 wedge).

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