

FRITTAFFLE



Recipe developed by Chef Paige Vondran

DIRECTIONS

- In a small bowl, mix together all of the ingredients with a rubber spatula.
- Grease a waffle iron with nonstick cooking spray.
- Pour the mixture into the waffle iron, spreading evenly.
- Cook for 5-7 minutes until firm and slightly browned.
- Serve warm.

VARIATIONS

- Vegetables such as mushrooms, zucchini or carrots can also be used in this recipe.
- Vegenaïse® can be used in place of mayonnaise.
- Egg Beaters® can be used in place of raw egg.
- This recipe can be stored in the freezer for up to two months in an airtight storage bag.

	Ingredients	Exchanges
Protein	37.5 gm fresh whole egg -----	2.5 (-2.5 gm fat)
	5.2 gm whole milk mozzarella cheese -----	0.6 (-0.6 gm fat)
	6.8 gm Bob Evan’s® breakfast sausage links	0.6 (-0.9 gm fat)
Fat	26 gm mayonnaise	6 (-4.0 gm)
Carbohydrate	7.7 gm spinach, raw -----	0.5
	9.9 gm broccoli	0.8
Other	onion powder, black pepper, salt	