

Oat and Egg White Frittata with Fruit

A frittata is like an omelet but has ingredients whisked into the eggs. My version, based on one I had in health-conscious Southern California, uses just the egg whites to make a tasty, easy-to-cook weekend breakfast treat. (Don't let that "health-conscious" bit lower your taste expectations—this is amazingly tasty.)

You'll need a **batch of steel-cut oatmeal**, already cooked—see the previous page for how to prepare this if you're not familiar. Each frittata serves one person, so plan accordingly.

Preheat the oven by setting it to broil mode. Adjust the top rack to be about 6 inches (15 cm) away from the broiler.

In a bowl, separate out **3 egg whites**, saving the egg yolks for some other dish, such as crême brûlée (see page 372). If you've never separated eggs before, the "easy" method is to crack the eggs into the bowl and then, using all your fingers, carefully pick up the yolks. Don't worry

if you get a little egg yolk mixed into the whites, but try to keep them separate. Add **1 cup of cooked steel-cut oatmeal (150g)** and a **generous pinch of salt**. Using a whisk, beat the mixture to a foamy, almost soft-peak stage.



Soft peaks will stick to your whisk but fold over.

See page 293 to learn more about egg whites.

Set a frying pan on medium heat. Add **1–2 tablespoons (15–30g) of either canola oil or butter**. Heat the pan for 3–4 minutes, waiting until the oil or butter is hot.

Pour the egg white and oat mixture into the pan, spreading it out to an even thickness.

After 3 minutes, check to see if the underside is browning. Continue checking every minute or so until the bottom turns light golden brown.

Once the bottom is browned, place the pan under the broiler, taking care to position the handle so as to not cook it too. Cook until the top is golden brown.

If you don't have a broiler, you can attempt to flip the frittata with a spatula or a careful flick of the pan. And if it breaks, don't worry! Use a spoon to scramble the partly cooked frittata, and instead of serving frittata, call it "oat and egg white scramble" and serve it in a bowl.

To serve, slide the frittata onto a plate and top with:

¼ cup (40g) sliced strawberries (about 4 to 6 strawberries)

¼ cup (60g) cottage cheese

¼ cup (60g) applesauce

Dust with **½ teaspoon (1g) cinnamon**; optionally add a little **maple syrup**.

Have you ever noticed that breakfast dishes are either mostly protein—eggs, omelets, and so on—or heavy on the carbs? (I'm looking at you, delicious, delicious Internet Average pancakes.) This frittata is my answer to the "half carb, half protein" quest.