



## Cuisine Santé Egg White Frittata (Gluten Free)

YIELD 1 SERVING

### Ingredients

#### Tomato Soup

3 oz HACO-Swiss Cuisine Santé Tomato Soup  
1 qt Water, boiling

#### Egg White Frittata

1 oz Corn, roasted  
1 oz Organic red beans  
1 oz Vidalia onions, chopped  
1 oz Fennel, chopped  
1 oz Red bell peppers, chopped  
4 oz Egg whites, pasteurized  
Cilantro

### Preparation

#### Tomato Soup

Bring 1 qt of water to a boil, add Cuisine Santé Tomato Soup, lower heat and simmer for 3 minutes.

#### Egg White Frittata

Sauté corn, beans, onions, fennel and red bell pepper for 2 minutes or until golden brown. Add egg whites and stir quickly for 30 seconds. Let sit for another 30 seconds and then turn frittata over, let sit again for another 30 seconds.

### Setting

Place hot tomato soup on bottom of your serving dish, slide frittata over and garnish with baby red bell pepper and cilantro.

NOTE: HACO-Swiss Cuisine Santé Tomato Soup can be used in non-dietary restricted applications by adding sour cream or heavy cream, bacon bits and sautéed mushrooms.

### Specialty Ingredients

#710 HACO-Swiss Cuisine Santé Tomato Soup

### Nutritional Information

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
		Total Fat 6g	10%	Total Carb. 23g
Serv. size 8 oz (227g)	Sat. Fat 3g	15%	Fiber 3g	10%
Servings 4	Trans fats 0g		Sugars 3g	
Calories 175	Cholest. 12mg	4%	Protein 8g	
Fat Cal. 56	Sodium 415mg	15%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 4%	Vitamin C 25%	Calcium 8%	Iron 8%