



Tortilla-Shell Veggie Frittata



Entire recipe: 288 calories, 7g total fat (4g sat. fat), 848mg sodium, 26.5g carbs, 8.5g fiber, 4g sugars, 32g protein

[Click for WW Points® value*](#)

WW Points® value 5*

Prep: 10 minutes **Cook:** 20 minutes



More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

1 low-carb flour tortilla with 70 calories or less (about 8 inches in size)
2/3 cup (about 6 large) egg whites or fat-free egg substitute
1/4 cup low-fat cottage cheese
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/4 cup chopped spinach
2 tbsp. chopped bell pepper
2 tbsp. chopped tomatoes
2 tbsp. shredded reduced-fat cheddar cheese

Directions

Spray an 8" air-fryer-safe pan with nonstick spray. Place tortilla in the pan.

In a medium bowl, combine egg whites/substitute, cottage cheese, and seasonings. Whisk well.

Transfer egg mixture to the pan. Top with veggies and cheese.

Set air fryer to 350°F. Cook until firm, cooked through, and light golden brown, 15-17 minutes.

MAKES 1 SERVING

Oven Alternative: Bake at 375°F until firm, cooked through, and light golden brown, 18-20 minutes.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.