

Iodized Salt

CRAFTY PLAY DOUGH (NOT TO BE CONSUMED)

1 cup water
1 tablespoon vegetable oil
1/2 cup salt
1 tablespoon cream of tartar
Food coloring
1 cup Augason Farms Enriched
Unbleached All Purpose Flour

In a medium-sized saucepan, combine water, oil, salt, cream of tartar and food coloring. Heat until warm, do not bring to a boil. Remove from heat and stir in flour. If the dough is too sticky, add more flour until it doesn't stick at all. Remove from pan and knead dough until smooth. Store in an air-tight container.

EGG WHITE FRITTATA

1 1/4 cups dehydrated mushroom slices
2 tablespoons Augason Farms
Dehydrated Chopped Onions
1/2 cup Augason Farms Dehydrated

Diced Red &
Green Bell Peppers
1/4 teaspoon Augason Farms Iodized
Salt
1/4 teaspoon dried oregano
Dash pepper
1 tablespoon olive oil
8 egg whites, beaten
1 tablespoon grated Parmesan cheese

Place all vegetables in bowl and cover with warm water and let sit for 15 minutes, drain. In a 10" ovenproof skillet, sauté the mushrooms, onion, red and green peppers, salt, oregano and pepper in oil until vegetables are tender. Beat egg whites until foamy; pour into skillet. Cook for 3 minutes over medium-low heat or until puffed and lightly browned on bottom. Sprinkle with cheese. Bake at 375°F for 8 to 10 minutes or until egg whites are set. Loosen edges and bottom of frittata with a rubber spatula. Invert onto a serving plate; cut into four wedges. Serve immediately. Serves 2.