



## Spinach & Feta Frittata

Frittatas are a great way to start your day off right with a serving of vegetables. You can utilize any vegetable you have on hand, including leftovers.

<u>U.S.</u>		<u>Metric</u>
1 tsp	Butter, unsalted	3 g
1 tsp	Olive Oil	5 mL
1/2 each	Onion, julienned	1/2 each
1/2 each	Red Bell Pepper, julienned	1/2 each
6 large	Eggs	6 large
1/2 cup	Water	120 mL
1 1/2 Tbsp	Parmesan Cheese, grated	9 g
1 Tbsp	Oregano, fresh, chopped (or 1 tsp dried)	3.6 g
2 cups	Spinach, washed and dried, rough chopped	60 g
1 1/2 Tbsp	Feta Cheese, crumbled	10.5 g

### Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C) and spray a muffin pan with pan spray.
3. Place a skillet over medium heat and add the butter and oil. When hot, add the onions and sauté for about 5 minutes, stirring frequently, until onions are lightly browned.
4. Add the red peppers and sauté for 1-2 minutes or until soft. Allow the mixture to cool slightly.
5. While the vegetables are cooking, crack the eggs into a medium mixing bowl. Whisk until well combined. Mix in the water, parmesan cheese, oregano and spinach. Set aside.
6. Divide pepper and onion mixture between the muffin tins. Using a ladle, pour the egg mixture into the muffin tins to  $\frac{3}{4}$  of the way. Sprinkle the top of egg mixture with feta cheese. Place the muffin tins into the oven and cook for about 20-25 minutes, until egg is firm.
7. Allow frittata to rest for 5 minutes, and then scoop the individual muffins out onto a platter.
8. Serve warm or cold and enjoy!

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## Nutrition Facts

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6 Servings

**Serving size** 2 "muffins"

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**Amount per serving**

**Calories** 110

**Total Fat** 7 g

Saturated Fat 2.5 g

Trans Fat 0 g

Monounsaturated Fat 1 g

**Cholesterol** 220 mg

**Sodium** 150 mg

**Total Carbohydrate** 3 g

Dietary Fiber 1 g

Total Sugars 1 g

Includes 0g Added Sugars

**Protein** 8 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 95 mg

Phosphorus 20 mg

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