



Spinach & Feta Frittata (Bariatric)

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.S.

6 large	Eggs
1/2 cup	Cottage Cheese
2 cups	Baby Spinach, roughly chopped
1/4 tsp	Kosher Salt
2 tsp	Olive Oil
1/2 each	Onion, cut into 1 inch long, thin strips
1/2 each	Red Bell Pepper, cut into 1 inch long, thin strips
2 Tbsp	Feta Cheese, crumbled

Metric

6 large
112.5g
60g
1.5g
5mL
1/2 each
1/2 each
10.5g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C) and spray a muffin pan with cooking spray.
3. Crack the eggs into a medium mixing bowl. Whisk until well combined. Mix in the cottage cheese, spinach, and salt. Set aside.
4. Place a skillet over medium heat and add the oil. When hot, add the onions and peppers. Sauté for about 5 minutes, stirring occasionally, until onions and peppers are soft and lightly browned.
6. Divide pepper and onion mixture between the muffin tins. Using a ladle, divide the egg mixture evenly into the 12 muffin tins. 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!

Nutrition Facts

12 Servings

Serving size 1 "muffin"

Amount per serving

Calories 60

Total Fat	4 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	110 mg
Sodium	130 mg
Total Carbohydrate	2 g
Dietary Fiber	0 g
Total Sugars	<1 g
Includes 0g Added Sugars	
Protein	5 g
Vitamin D	0 %
Calcium	2 %
Iron	0 %
Potassium	87 mg
Phosphorus	30 mg
