



Roasted Tomato and Spinach Frittata

Frittatas are a great way to start your day off right with a serving of vegetables. You can utilize scraps and leftovers.

<u>U.S.</u>		<u>Metric</u>
8 large	Eggs	8 large
1/2 cup	Water	120 mL
1/8 tsp	Salt, Kosher	0.75 g
1/4 tsp	Black Pepper, ground	0.6 g
1 tsp	Rosemary, dried	1 g
2 cups	Spinach, washed and dried	60 g
1 cup	Tomatoes, chopped, roasted with no salt seasoning	180 g
2 Tbsp	Cheddar Cheese, low-fat, shredded	14 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Line muffin tins with liners and spray with oil.
4. Crack the eggs into a medium mixing bowl. Whisk until well combined. Add the salt, pepper, and rosemary, and spinach; mix.
5. Using a ladle, pour the egg mixture into the muffin tins. Sprinkle the top of egg mixture with roasted tomatoes and cheddar cheese. Place the muffin tins into the oven and cook for about 20-25 minutes, until egg is firm.
6. Allow frittata to rest for 5 minutes, and then scoop the individual muffins out onto a platter.
7. Serve warm or cold and enjoy!

Nutrition Facts

Serving size	2 "muffins"
Servings	6
Calories	124
Calories from Fat	70
Total Fat	8 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	253 mg
Sodium	176 mg
Carbohydrates	2 g
Dietary Fiber	1 g
Sugars	1 g
Protein	10 g
Vitamin A	29 %
Calcium	9 %
Vitamin C	8 %
Iron	9 %

Phosphorus 163 mg
