



Spinach & Feta Frittata (Less Chop, Large Font)

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>
6 large	Eggs	6 large
1/2 cup	Water	120 mL
1 Tbsp	Parmesan Cheese	6 g
1 Tbsp	Oregano, fresh, chopped (or 1 tsp dried)	3.6 g
2 cups	Spinach, washed and dried, rough chopped	60 g
1 tsp	Butter, unsalted	3 g
1 tsp	Olive Oil	5 mL
1/2 each	Onion, chopped in hand chopper	1/2 each
1/2 each	Red Bell Pepper, chopped in hand chopper	1/2 each
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. Crack the eggs into a medium mixing bowl. Whisk until well combined. Add the water, parmesan cheese, oregano and spinach; mix. Set aside.
4. 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.
5. Add the red peppers and sauté for 1 minute until they just begin to soften. Allow the mixture to cool slightly.
6. 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, peppers, and onions. 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 on Reverse**

Nutrition Facts	
Serving size	2 "muffins"
Servings	6
Calories	103
Calories from Fat	60
Total Fat	7 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	220 mg
Sodium	134 mg
Carbohydrates	3 g
Dietary Fiber	1 g
Sugars	1 g
Protein	8 g
Vitamin A	27 %
Calcium	3 %
Vitamin C	28 %
Iron	2 %
Phosphorus	18 mg
