



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.S.

6 large	Eggs
1/2 cup	Water
1 Tbsp	Parmesan Cheese, grated
1 Tbsp	Oregano, fresh, chopped (or 1 tsp dried)
2 cups	Spinach, washed and dried, rough chopped
1 tsp	Butter, unsalted
1 tsp	Olive Oil
1/2 each	Onion, julienned
1/2 each	Red Bell Pepper, julienned
1 1/2 Tbsp	Feta Cheese, crumbled

Metric

6 large
120 mL
6 g
3.6 g
60 g
3 g
5 mL
1/2 each
1/2 each
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. Mix in the water, parmesan cheese, oregano and spinach. 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 1-2 minutes or until soft. Allow the mixture to cool slightly.
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!

****Nutrition Facts on Reverse**

Nutrition Facts

6 Servings

Serving size **2 "muffins"**

Amount per serving

Calories **100**

Calories from Fat 60

Total Fat 7 g

 Saturated Fat 2.5 g

 Trans Fat 0 g

 Monounsaturated Fat 1 g

Cholesterol 220 mg

Sodium 135 mg

Total Carbohydrate 3 g

 Dietary Fiber 1 g

 Total Sugars 1 g

 Includes 0g Added Sugars

Protein 7 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 95 mg

Phosphorus 20 mg
