



Spinach & Feta Frittata



Ingredients (Makes 6 servings)

- 1 tsp butter, unsalted
- 1 tsp olive oil
- 1/2 onion, julienned
- 1/2 red bell pepper, julienned
- 6 large eggs
- 1/2 cup of water
- 1 1/2 Tbsp parmesan cheese, grated
- 1 Tbsp oregano, fresh chopped (or 1 tsp dried)
- 2 cups spinach, washed and dried, rough chopped
- 1 1/2 Tbsp feta cheese, crumbled

Directions

1. Preheat oven to 350 degrees fahrenheit and spray a muffin pan with pan spray.
2. Place a skillet over medium heat and add the butter and oil. When hot, add the onions and saute for about 5 minutes, stirring frequently, until onions are lightly browned.
3. Add the red peppers and saute for 1-2 minutes or until soft. Allow the mixture to cool slightly.
4. 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.
5. Divide pepper and onion mixture between the muffin tins. Using a ladle, pour the egg mixture into the muffin tins to 3/4 of the way. Sprinkle the top of the egg mixture with feta cheese. Place the muffin tins into the oven and cook for about 20-25 minutes or 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 per recipe 6
Serving size 2 “Muffins”

Amount per serving

Calories: 110
Total Fat: 7g
Saturated fat: 2.5g
Trans Fat: 0g

Monounsaturated Fat: 1g

Cholesterol: 220mg
Sodium: 150mg
Total Carbohydrate: 3g
Dietary Fiber: 1g

Total Sugars: 1g

(Includes 0g added sugars)
Protein: 8g
Vitamin D: 0%
Calcium: 2%

Iron: 2%

Potassium: 95 mg
Phosphorus: 20mg