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## Spinach and Feta Frittata

Servings = 2

Serving size = 1/2 frittata.

This recipe can easily be multiplied using a larger skillet.

Cooking time: 30 minutes

This recipe makes good leftovers especially as a sandwich.

|          |                                  |
|----------|----------------------------------|
| 1 tsp.   | olive oil                        |
| 1 small  | red onion (thinly sliced)        |
| 3 large  | eggs                             |
| 2 large  | egg whites                       |
| 2 Tbsp.  | water                            |
| 1/8 tsp. | salt                             |
| to taste | fresh ground black pepper        |
| 1/8 tsp. | ground nutmeg                    |
| 1 Tbsp.  | Parmigiano-reggiano (grated)     |
| 2 ounces | fresh spinach (coarsely chopped) |
| 1 ounce  | feta cheese (crumbled)           |

Preheat the oven to 325°F.

Place the olive oil in a medium oven proof skillet over medium high heat. Add the onion and cook for about 5 minutes until lightly browned.

Whisk together the eggs, egg whites, water, salt, pepper, nutmeg, parmesan, and spinach.

Pour the egg mixture into the pan with the onions. Stir and cook for about 1 minute.

Sprinkle the crumbled feta cheese over the top and place the pan into the oven.

Cook for about 15 minutes until the frittata is firm.

### Nutrition Facts

|              |              |
|--------------|--------------|
| Serving size | 1/2 frittata |
| Servings     | 2            |

|                       |               |
|-----------------------|---------------|
| Calories 209          |               |
| Calories from Fat 117 | % Daily Value |

|                         |       |
|-------------------------|-------|
| Total Fat 13 g          | 20 %  |
| Saturated Fat 5 g       | 25 %  |
| Trans Fat 0 g           |       |
| Monounsaturated Fat 5 g |       |
| Cholesterol 330 mg      | 110 % |
| Sodium 499 mg           | 21 %  |
| Total Carbohydrates 7 g | 2 %   |
| Dietary Fiber 1 g       | 6 %   |
| Sugars 4 g              |       |
| Protein 17 g            |       |

|                     |                |
|---------------------|----------------|
| Vitamin A 61 %      | Vitamin C 19 % |
| Calcium 16 %        | Iron 13 %      |
| Vitamin K - 137 mcg |                |
| Potassium 392 mg    |                |
| Magnesium 43 mg     |                |

"Although I cannot lay an egg, I am a very good judge of omelettes" George Bernard Shaw,  
*Playwright*

**The refrigerator light goes on...**

Frittatas make the perfect weekend brunch and they're great when you have guests. You can serve them hot fresh out of the oven but they're great cold as well.