

SPINACH, ONION, AND RED PEPPER FRITTATA*

Yield: 8 Portions

| Ingredients | Amounts |
|--------------------------------|----------------|
| Eggs, whisked | 6 ea. |
| Salt | as needed |
| Black pepper, ground | as needed |
| Olive oil | 2 tsp. |
| Onion, small, diced | 1 ea. |
| Bell pepper, red, small, diced | 1 ea. |
| Spinach, chopped | 1 cup |
| Basil, chopped | as needed |

Method

1. Whisk eggs with salt and pepper.
2. In a sauté pan, add 2 teaspoons oil and sauté onions and peppers until browned.
3. Add egg, stir, add spinach, cover and cook at low heat until set, about 7 minutes.
4. Let frittata cool then slice and serve. Garnish with chopped basil.

Variation:

- Spicy chicken or turkey sausage, diced and sautéed until brown
- 1 cup black beans, drained and rinsed
- 1/2 cup grated Monterey Jack or cheddar cheese

Nutrition Information (per portion/serving)

Calories: 85 / Protein: 6 g / Carbohydrate: 3 g / Fiber: 1 g / Carbohydrate to fiber ratio: 3
Saturated fat: 1.5 g / Polyunsaturated fat: 1 g / Monounsaturated fat: 2.5 g
Trans fat: 0 g / Sodium: 220 mg / Potassium: 70 mg / Added sugar: 0 g

**This recipe meets 6 of 7 HKHL Recipe Nutrition Goals for an entrée.*

Source: Auden McClure, as served at the 2020 Healthy Kitchens Healthy Lives® conference.
Published with permission of author. All rights reserved.