

CHANGE ONE MEAL! May, 2017



EGG-SPINACH FRITTATA



Ingredients:

- 9 large eggs
- 2 T. low-fat or skim milk
- 1/3 cup grated Parmesan cheese
- 1/8 teaspoon freshly ground pepper
- 2 T. olive oil
- 3 green onions or scallions, chopped (greens and bulb)
- 1 large clove garlic, minced
- Sun-dried tomatoes, about 2 T. chopped (optional)
- 8 oz. (1 C.) fresh spinach
- 1/4 C. finely grated mozzarella cheese

Instructions:

Preheat oven to 400 degrees.

1. In mixing bowl, whisk together eggs, milk, Parmesan cheese and pepper. Set aside.
2. In oven-proof skillet, heat olive oil and add chopped onions, garlic and sun-dried tomatoes. Cook over medium heat just until garlic begins to soften slightly, about 4 minutes. Stir frequently so green onion tops do not brown.
3. Add spinach and stir. As soon as spinach wilts, pour egg mixture in skillet. Scrape spatula around sides of skillet and lift spinach mixture to allow egg mixture to flow underneath.
4. Cook frittata over medium-low heat, stirring occasionally, until sides begin to firm up and set, approximately 8 – 10 minutes.
5. Place frittata in skillet into hot 400-degree oven and continue baking until center is lightly set.
6. Sprinkle mozzarella on top of frittata and bake only a minute or two more to melt cheese. Slice into wedges and serve hot.

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adapted from http://www.simplyrecipes.com/recipes/spinach_frittata/#ixzz4fsOk2H2D