

Fresh Spinach Frittata

Ingredients:

8-eggs

1/2 tsp-salt

1/2 tsp-ground black pepper

2 cups-spinach, finely chopped

4- scallions (root ends discarded, green and white parts chopped into 1/4 inch-pieces)

1/4 cup- crumbled feta cheese

2 tsp- canola oil

*Substitutions: frozen spinach for fresh, onions instead of scallions, and cheddar cheese instead of feta

Instructions:

1. Preheat the oven to 350 degrees
2. Put the eggs, salt, and pepper in the mixing bowl and, stir with a fork until well combined.
3. Add scallions, spinach, and feta cheese and mix well.
4. Put mixture into an 8 x8 baking pan and bake until eggs are set.
5. Serve right away or cover and refrigerate overnight

