

# Spinach & Parmesan Fritata

Recipe © Renee Clerkin RD LDN, guest contributor

**Servings:** ~6

## Ingredients:

- 1 Tbl. olive oil, divided in half
- 1 red onion, thinly sliced
- 1 clove garlic, minced
- 1/8 teaspoon red pepper flakes
- 6 cups spinach (may use any green leafy vegetable)
- 2 large whole eggs
- 1 cup Better-N-Eggs
- 1 tablespoon milk (unsweetened almond milk, lite soy milk, fat free cow's milk, etc.)
- 1/2 cup grated reduced fat Parmesan cheese, divided in half
- 3 Tbl. chopped fresh basil
- 1/4 tsp. black pepper

## Directions:

1. Preheat oven to 375 degrees F.
2. Heat 1/2 tablespoon oil in a large oven-safe skillet over medium heat. Add onion and cook, stirring occasionally, for 3- to 4-minutes.
3. Add garlic and red pepper flakes and cook, stirring frequently, for 2- to 3-minutes. Add spinach and cook an additional 2- to 3-minutes until spinach has wilted down. Remove spinach mixture from heat and set aside.
4. In a large bowl, whisk together eggs, milk, 1/2 cup Parmesan cheese, basil, and pepper. Add the cooked spinach mixture into the egg mixture and stir until well combined.
5. Heat the remaining 1/2 tablespoon olive oil in the same pan over medium-low heat. Add egg mixture and shake the pan to level ingredients. Let eggs cook on stove top for 3-4 minutes.
6. Top eggs with remaining 1/2 cup Parmesan cheese and transfer into the oven to bake for 10 minutes, until eggs are just set. Turn oven to broil for 1-2 minutes, until cheese is melted and slightly browned. Keep a close eye on eggs while on broiler so it doesn't burn. Take frittata out of oven and serve warm or at room temperature.

## Nutrition:

 (Serving size: 1/4<sup>th</sup> recipe)

calories: 228  
sugars: 2.5g

protein: 18.5g  
sodium: 422mg

total carbohydrate: 6.8g  
dietary fiber: 1.7g

total fat: 12.8g  
saturated fat: 4.8g