

Mediterranean Spinach & Feta Frittata

Ingredients

10		eggs
1 ½	C	Spinach, chopped
1	C	cherry tomatoes, halves
1	small	red Onion, chopped
¼	C	Olives, kalamata, sliced
½	C	crumbled feta
1	T	olive oil
1	t	dried oregano
		Salt and pepper

Directions

1. Heat the oven to 425° F and grease round baking dish
2. In a skillet, sauté the onion in olive oil until softened. Add tomatoes, oregano, salt, and pepper;
3. Cook 1-2 minutes. Stir in spinach until just wilted.
4. In a bowl, whisk the eggs with most of the feta and the olives. Add the warm veggie mixture and stir gently.
5. Bake for 22-25 minutes, until the frittata is set and lightly browned.
6. Let the rest for 10 minutes before slicing and serving.

Tip

Add a spoonful of cottage cheese on the side for extra protein and a cool, creamy contrast.