



Spinach and Feta Frittata

Shine 365
Marshfield Clinic

PREP TIME: 10 minutes • **TOTAL TIME:** 35 minutes • **SERVINGS:** 4

INGREDIENTS

- 1 red bell pepper
- 3 tablespoons extra virgin olive oil
- 1 bunch scallions, sliced
- 5 ounces baby spinach
- 4 whole large eggs
- 8 egg whites
- 4 tablespoons whole wheat bread crumbs
- ¼ cup crumbled feta cheese
- Freshly ground pepper and salt-free seasoning

INSTRUCTIONS

Place the bell pepper on a baking sheet under the oven broiler. Turn with tongs for 5 minutes to char all sides. Transfer the pepper to a bowl and cover tightly with plastic wrap while you prepare the frittata.

Preheat the oven to 450 degrees F. Meanwhile, heat 2 tablespoons of olive oil in a medium non-stick ovenproof skillet over medium-high heat. Add the scallions and spinach and stir about 4 minutes until wilted. Add freshly ground pepper to taste and remove from heat. Whisk eggs, egg whites, 2 tablespoons of breadcrumbs and ¾ cup of water in a large bowl. Add the egg mixture and feta to the skillet. Stir to combine. Sprinkle with remaining 2 tablespoons of breadcrumbs. Transfer skillet to the oven and bake about 15 minutes until the frittata is set and golden on top.

Peel the skin from the roasted red pepper while the frittata is cooking. Cut the pepper in half, discard the seeds and slice the pepper into strips. Toss with the remaining tablespoon of olive oil and freshly ground pepper. Cut the frittata into wedges and serve with roasted pepper. Season with salt-free seasoning to taste.

NUTRITION INFORMATION

Each serving contains 278 calories, 17.9 g fat, 9.7 g carbohydrates, 18.7 g protein, 2.7 g fiber and 380.8 mg sodium.