

MEDITERRANEAN FRITTATA

QUICK AND SIMPLE BRUNCH DELIGHT



Yield: Servings 12 – Serving Size: 5 oz. – Prep Time: 20 Minutes – Cook Time: 15 Minutes

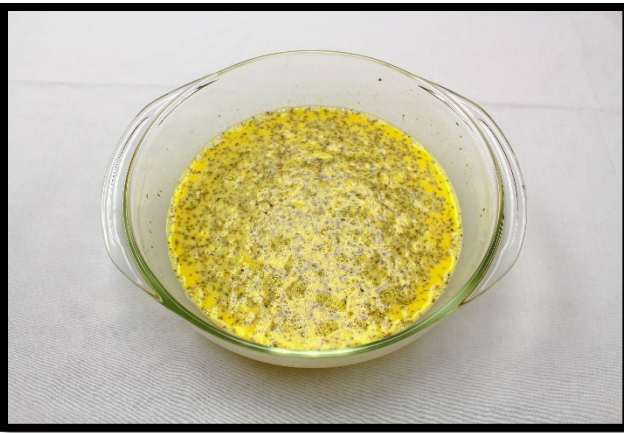


Ingredients:

1 Dzn. – Whole Eggs, Large
4oz. – Heavy Cream
2 tsp. – Oregano, Dried or Fresh
1 tsp. – Salt, Iodized
2 tsp. – Pepper, Black, Ground
6oz. – Spinach, Baby, Sliced
6oz. – Tomatoes, Sun Dried, Sliced
16oz. – Cheese, Feta, Full Fat, Diced ½" Cubes
5 Ea. – Garlic, Cloves, Minced

1) Crack all 12 eggs into a large mixing bowl. Whisk the eggs together until the whites and yolks homogenize.





2) Add the heavy cream, oregano, salt and black pepper to the eggs. Whisk to incorporate. Set aside.



3) Heat a large sauté pan on the stove to medium heat. Add the sundried tomatoes and minced garlic. Sauté the tomatoes and garlic until the garlic becomes fragrant; approx. 3-4 minutes. Then add the fresh spinach. Continue to stir and cook until all the spinach has become wilted; approx. 3-4 minutes.



4) Add the egg mixture to the spinach, sundried tomatoes, and garlic. Stir to ensure even distribution of the filling.

5) Take the cubes of feta cheese and evenly distribute them throughout the frittata. Place the frittata in the oven for approximately 10-15 minutes or until all the egg is set and no longer jiggles when shaken.





6) Allow the frittata to cool for approx. 5 minutes before cutting. Slice and Enjoy!

Equipment Needed: Cutting board, knife, large sauté pan, mixing bowl, whisk, spoon, measuring spoons

Calories: 255Kcal – **Calories from Fat:** 157Kcal – **Total Fat:** 17g – **Saturated Fat:** 10g – **Trans Fat:** 0g – **Cholesterol:** – 231mg
Sodium: 631mg – **Total Carbohydrate:** 12g – **Dietary Fiber:** 2g – **Sugar:** 8g – **Protein:** 14g