

Spinach & Feta Frittata

Yield: 8 servings

Ingredients

8 eggs
 ⅔ cup water
 1½ tablespoons shredded
 Parmesan cheese
 1½ teaspoons dried oregano
 1 tablespoon olive oil
 1 cup thinly sliced onion
 3 cups chopped spinach
 1 cup diced red bell pepper
 2 tablespoons crumbled feta
 cheese

Instructions

1. Heat oven to 350 degrees.
2. Place muffin paper liners cups in a muffin pan and spray with non-stick cooking spray.
3. Crack the eggs into a medium mixing bowl and whisk with the water, Parmesan cheese and oregano.
4. Place a skillet over medium heat and add the oil. When hot, add the onions and sauté for about five minutes, stirring frequently, until onions are lightly browned. Add the spinach and red peppers and sauté for one minute until they just begin to soften. Add the onion mixture to the bowl with eggs and stir to combine.
5. Using a ladle, pour the egg mixture into the muffin tins until each cup is ¾ full.
6. Sprinkle the top of the egg mixture with the feta cheese. Place the muffin tins into the oven and cook for about 20 to 25 minutes, until the egg is firm.

Nutrition Information

Serving Size: 2 muffins

Calories: 100
 Total Fat: 7 g
 Saturated Fat: 3 g
 Monounsaturated Fat: 1 g
 Sodium: 135.0 mg
 Total Carbohydrate: 3 g
 Dietary Fiber: 1 g
 Sugars: 1 g
 Protein: 8 g

Source: Health Meets Food

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