



Greek Frittata

Ingredients

¼ cup cooked spinach
2 large eggs
2 egg whites
½ cup crumbled feta cheese
2 scallions, thinly sliced
1 tablespoon dill (preferable fresh, chopped)
1 teaspoon olive oil
Freshly ground pepper, to taste

Serves 2

Preparation

Squeeze spinach to remove any excess water. Blend eggs and whites with a fork in a medium bowl. Add feta, scallions, dill, pepper and the spinach; mix gently with a rubber spatula. Set oven rack about 4 inches from the broiler and preheat the broiler. Heat oil in a 10-inch non-stick skillet over medium heat. Pour in the egg mixture and tilt to distribute evenly. Reduce the heat to medium-low and cook until the bottom is light golden, lifting the edges to allow uncooked egg to flow underneath, 3 to 4 minutes. Place the pan under the broiler and cook until the top is set, 1 ½ to 2 ½ minutes. Slide the frittata onto a platter and cut into wedges.

Nutrition information per serving: Calories 183, Total fat 12.7g, Saturated fat 5.6 g, Sodium 412 mg, Carbohydrate 3.8 g, Fiber .7 g, Protein 14.1 g.