

Spinach and Sundried Tomato Frittata

Ingredients:

6 eggs	1/2 cup chopped green onions
1 1/4 cups liquid egg whites	2 cups chopped fresh spinach
Salt and pepper to taste	1/4 cup chopped sundried tomatoes
1/3 cup grated parmesan cheese	
2 tablespoons olive oil	

Directions:

1. Heat broiler and position the rack four inches from the heat source.
2. Add olive oil to a heavy, ovenproof skillet. On medium heat, add onions, spinach, and sundried tomatoes. Sauté until vegetables are tender, about 3 minutes.
3. In a small bowl, whisk together eggs, egg whites, salt, and pepper. Pour the egg white mixture into the vegetable skillet and cook covered until partially set, about 5 minutes. Don't attempt to blend or scramble the mixture. Sprinkle with parmesan cheese.
4. Place the skillet under the broiler uncovered and cook until the cheese is melted and eggs are set, about 5 minutes. Divide the frittata into wedges and serve.

Nutrition Facts

Serving Size 8 Wedges (105g)
Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 140mg **47%**

Sodium 190mg **8%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 10g

Vitamin A 25% • Vitamin C 10%

Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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Source: simplyquinoa.com

