

Spinach Tomato Frittata

	Ingredients
8	Eggs
½ C	Milk
1 oz (2 Tb)	Butter
½ C	Onion, diced
2 C	Fresh Chopped Spinach
½ C	Tomato, diced
1 tsp	Salt
½ tsp	Black pepper
¼ tsp	Nutmeg
1 C	Shredded cheese - cheddar, Swiss or cheese of choice
¼ C	Shredded cheese for top

Method

1. Preheat oven to 350f.
2. Whisk together eggs and milk.
3. In an oven proof skillet, melt the butter.
4. Sauté the onion until soft. Stir in spinach and cook until it begins to wilt. Stir in the tomato and sauté until warm.
5. Stir the seasonings into the vegetables.
6. Pour egg mixture over the vegetables. Add 1 cup cheese and gently stir so all the ingredients are evenly distributed.
7. Bake for 15 minutes. Sprinkle with remaining ¼ cup cheese and finish baking for an additional 3-5 minutes, until the eggs are set.
8. Allow to cool for 10 minutes and cut into wedges.
9. Makes 8 - 10 servings.

Notes

Add other ingredients as desired: cooked, chopped bacon; blanched broccoli; mushrooms etc.

To prepare individual frittatas: Stir cheese into cooked vegetables and distribute evenly in sprayed muffin pans. Pour egg mixture over to fill cups ¾ full. Place muffin pans on a sheet pan to keep level. Bake until set up. Allow to cool 10 minutes before removing from the pans.