



## Spinach Frittata

### Instructions:

In a bowl, add the egg, egg whites, spinach, spices to taste, and mix.

Coat a frying pan with 3 seconds of Pam and heat on a medium flame.

Pour in the egg and spinach mixture. Do not stir.

When sides begin to brown, place the frying pan in the oven on broiler mode for 3 minutes.

**Counts as 1 dinner main**

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**Prep Time:**

5 minutes

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**Cook Time:**

10 minutes

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**Ingredients:**

1 egg

4 egg whites

1/4 cup frozen spinach

salt, pepper & garlic powder  
to taste

crushed red pepper flakes to  
taste - optional

Pam