



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

Prep Time:

5 minutes

Cook Time:

10 minutes

Ingredients:

1 egg

2 egg whites

1/4 cup frozen spinach

salt, pepper & garlic powder
to taste

crushed red pepper flakes to
taste - optional

Pam