

Spinach Mushroom Frittata

Ingredients:

- 3 cloves garlic, minced
- 1 cup onion, chopped
- ½ pound fresh mushrooms, sliced
- ½ tsp. dried thyme
- 10 oz. bag fresh spinach
- 1 tbsp. water
- 2 ½ cup egg substitute, equivalent to 10 eggs
- 1 tsp. dried dill or 1 tbsp. fresh dill
- ¼ tsp. black pepper
- ¼ cup feta cheese



*SOY FREE



*GLUTEN-FREE

Nutrition Facts

Serving Size 1 cup, 8 oz (224g)
Servings Per Container 6

Amount Per Serving

Calories 110 **Calories from Fat** 15
% Daily Value*

Total Fat 1.5g **2%**
Saturated Fat 1g **5%**
Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 360mg **15%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 14g

Vitamin A 45% • Vitamin C 15%

Calcium 10% • Iron 20%

*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

Directions:

1. Preheat oven to 350 F.
2. In a nonstick, ovenproof skillet, sauté garlic and onion in olive oil for about 5 minutes.
3. Add mushrooms, carrots and thyme. Cook an additional 5 minutes. Remove skillet from stove.
4. Place spinach in a separate saucepan. Add 1 tablespoon water. Cover and cook until just wilted.
5. Drain spinach and let cool in a colander. Squeeze out any liquid. Chop leaves.
6. In a large bowl, beat together egg substitute, basil chiffonade, chopped thyme, dill and pepper.
7. Stir in the spinach, mushroom mixture and feta cheese.
8. Clean nonstick skillet. Spray with cooking spray. Return skillet to stove over medium heat.
9. When skillet is hot, pour in egg mixture.
10. Place in oven, uncovered. Check frittata in 10 minutes. Check every 5 minutes thereafter until center of frittata is slightly firm. Do not overcook.
11. When frittata is done, place a large serving platter over skillet. Flip skillet over so that frittata falls onto the plate. Cut into six pieces and serve.