

## Recipe – Egg Frittata

### Ingredients:

- 12 eggs
- salt and pepper to taste
- olive oil, or fat of choice, to coat pan
- 1 onion, chopped
- 2 bags spinach, cleaned, drained, chopped
- favorite spices such as mixed Italian herbs, to taste
- optional additions
  - low starch vegetables including red pepper, asparagus, kale, chopped
  - ½ cup goat cheese, crumbles or chopped

### Directions:

Preheat oven to 400 degrees

Crack eggs in a large bowl and mix with a bit of salt and pepper

Sauté onion in fat of choice until it is soft in a large fry pan that is also oven safe

Add additional low starch vegetables of choice

Stir in the spinach and cook till just wilted

Pour the eggs into the vegetables and add herbs or spices

Cook on the stovetop over low heat for 5 minutes

Add optional goat cheese

Move pan into the preheated oven and cook till the eggs are cooked through in the middle

**Serves 6 to 8**