

Spinach and Goat Cheese Frittata

Ingredients:

spinach leaves, chopped

2 tablespoons butter or olive oil

5-6 eggs

½ cup freshly grated Parmesan or other cheese (Feta)

salt and freshly ground pepper to taste

1. Preheat oven to 350 degrees F.
2. Steam spinach with dashes of lemon and ground nutmeg.
3. Place butter or oil in a medium-to-large ovenproof skillet, preferably nonstick, and turn the heat to medium. While it's heating, beat together the eggs, cheese, salt and pepper. When the butter/oil is hot, pour the spinach into the egg mixture and add to the pan.
4. Turn the heat to medium-low. Cook, undisturbed for about 10 minutes until the bottom of the frittata is firm.
5. Transfer the skillet to the oven. Bake, checking every five minutes or so, until the top of the frittata is no longer runny (10-20 more minutes). Be careful not to overcook.

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