RECIPE

Spinach & Tomato Frittata

15 minutes / 1 serving

CHERRY TOMATOES, SPINACH, and feta make this frittata pretty enough for a holiday brunch table—but it's ready in just 15 minutes, so it works just as well on a weekday morning. The recipe makes one serving, so double or triple it in a bigger skillet when the houseguests arrive.

INGREDIENTS

- cooking spray as needed
- ½ cup halved cherry tomatoes
- 2 cups fresh baby spinach
- 2 eggs
- 1 egg white
- 1 oz feta, crumbled
- ½ tsp Italian seasoning
- salt and pepper to taste
- 1 cup blackberriess





INSTRUCTIONS

1. **PREHEAT** broiler to high.
2. **HEAT** a small ovenproof skillet over medium. Coat pan with cooking spray and cook tomatoes until slightly softened, 1 minute.
3. **ADD** spinach gradually, stirring until it wilts.
4. **WHISK** together eggs, egg white, feta, and Italian seasoning; season with salt and pepper. Pour mixture into skillet and cook until set on bottom, 3–5 minutes.
5. **BROIL** frittata until set, 2–3 minutes.
6. **SERVE** frittata with blackberries.

NUTRITIONAL INFO PER SERVING

CALORIES
326

PROTEIN
25 g

FIBER
10 g

CALCIUM
320 mg