

### Spinach Frittata

1/2 cup	Onions, diced
1 Tbsp	Parsley flakes
1/4 cup	Cheese, parmesan, grated
1/8 tsp	Pepper
1-1/4 cups	<b>ReddiEgg</b> Real Egg Product
1 cup	Spinach, raw
1/4 cup	Cheese, Mozzarella-Fat Free, shredded



Coat 10-inch skillet with nonstick cooking spray. Add spinach and onion, cook over medium heat until onions are translucent, about 5 minutes. In a small bowl, combine parsley, cheese, Egg Product and pepper. Pour into skillet and cook very slowly over low heat, pricking top with fork and lifting bottom gently. Cover and cook two to three minutes until bottom is brown. To brown other side, loosen frittata and slide out of pan onto dinner plate. Place pan over plate and invert back into skillet, or brown top under a preheated broiler. **Makes 4 servings.**

Calories = 85

Fat = 1.9 grams

Cholesterol = 5 milligrams