

## Recipe: Feta Cheese, Sun-dried Tomato & Spinach Frittata

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### **Ingredients:**

4 egg whites, 2 whole eggs  
1 tbs olive oil  
¼ cup finely chopped onion  
1 cup chopped spinach  
¼ cup chopped sun-dried tomatoes  
2 tbs crumbled feta cheese

Pre-heat broiler to high. Whisk together eggs and egg whites in a bowl. In an oven-safe pan, heat olive oil and sauté onion and spinach over med-high heat on the stove until onion is translucent and spinach is fully cooked. Pour in egg mixture, and sprinkle with tomatoes and feta cheese. Place under broiler for 5 minutes or until frittata rises and sets well (watch closely as all broilers are different).

To remove frittata from pan, place a plate over it, and holding it carefully against the pan, invert the pan and remove. Voila!