

Spinach Frittata with Creole Sauce

Breakfast/Brunch June 2014



Turn over a new spinach leaf with easy prep and plenty of folic acid for healthy pregnancies, growth and development.

Prep Time: 35 Min

Start to Finish: 35 Min

Makes: 4 servings

INGREDIENTS

Sauce

1 large tomato, coarsely chopped (1 cup)

1 small onion, chopped (1/4 cup)

2 tablespoons sliced celery

1/4 teaspoon paprika

1/8 teaspoon pepper

1/8 teaspoon red pepper sauce

Frittata

2 teaspoons canola or soybean oil

1 small onion, chopped (1/4 cup)

1 box (9 oz.) frozen spinach, thawed, drained

1 1/2 cups fat-free egg product or egg equivalent

1/2 teaspoon chopped fresh or 1/8 teaspoon dried thyme leaves

1/8 teaspoon salt

1/8 teaspoon pepper

2 tablespoons shredded reduced-fat mozzarella cheese

DIRECTIONS

1. In 1-quart saucepan, heat all sauce ingredients to boiling, stirring occasionally; reduce heat. Simmer uncovered about 5 minutes, stirring occasionally, until thickened. Keep warm.
2. In 8-inch nonstick skillet, heat oil over medium heat. Add onion; cook 2 minutes, stirring occasionally. Add spinach; cook 2 to 4 minutes, stirring constantly, until spinach is thoroughly heated.
3. In small bowl, beat egg product, thyme, salt and pepper; pour over spinach. Cover; cook over medium-low heat 5 to 7 minutes or until eggs are set and light brown on bottom. Sprinkle with cheese. Cut into wedges. Serve with sauce.

Recipe Provides: Fats & Oils 1tsp, Meat & Beans 2oz-equivalents, Vegetables 3/4c

NUTRITION INFORMATION PER SERVING

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| Serving Size: | 1 Serving | Calories: | 120 | Calories from Fat: | 30 |
| Total Fat: | 3 g | Saturated Fat: | 0 g | Trans fat : | 0 g |
| Cholesterol: | 0 mg | Sodium: | 320 mg | Total Carbohydrate: | 9 g |
| Dietary Fiber: | 3 g | Sugars: | 4 g | Protein: | 13 g |

This recipe is adapted from WWW.eatbetterearly.com