Spinach Frittata with Salsa
Serves 2

1 Tbsp olive oil
½ cup diced onions (about 1 small)
2 tsp minced garlic
1 package frozen chopped spinach, thawed and drained
¾ cup Egg Beaters (egg substitute)
2 large whole eggs
1/3 cup non-fat evaporated milk
½ cup part-skim mozzarella cheese, shredded
¼ cup salsa

Preheat the oven to 350-degrees. Heat the oil over medium heat in an oven-safe skillet. Add the onions and garlic, cooking until tender. Stir in the thawed spinach, reduce the heat to low.

In a large bowl, whisk the eggs, egg whites, and evaporated milk until light yellow and frothy. Pour the egg mixture over the spinach in the skillet, cook 5-7 minutes until the egg mixture is cooked on the bottom and almost set on top. Sprinkle with the cheese.

Bake in the oven until the eggs are set and the cheese has melted, about 5-10 minutes. Top with salsa to serve. Pair with whole grain toast or corn tortillas.

Serving size: 7 oz or 1 cup
400 calories per serving, 35 grams protein, 21 grams fat, 20 grams carbs, 6 grams fiber