

Vegetable Filled Frittata

Total: 35 min. Active: 15 min. Yield: 6 servings.

Nutritional Information Per Serving

Calories: 180. Total Fat: 13g. Carbs: 4g. Protein: 12g.

Ingredients

- 2 tbsp extra-virgin olive oil
- 1 small green bell pepper, diced
- 1 small red bell pepper, diced
- 1/2 small red onion, thinly sliced
- 2 cups packed baby spinach
- 1/4 cup sun-dried tomatoes (not packed in oil), chopped
- 1 clove garlic, sliced
- 10 large eggs, beaten
- Salt and Pepper
- Hot sauce, serve if wanted

Directions

Preheat the oven to 375 degrees F.

Heat the oil in a medium oven-safe nonstick skillet over medium-high heat. Add the bell peppers and onion and cook, stirring occasionally, until softened, 6 to 7 minutes. Add the spinach, sun-dried tomatoes and garlic and cook, stirring frequently, until the spinach is just wilted and still vibrant green, about 1 minute.

Reduce the heat to low and add the eggs, 1 teaspoon salt and a few grinds of black pepper. Stir gently to distribute the vegetables. Bake until the eggs are set, 13 to 15 minutes.

Let stand for 5 minutes, then slice into 6 pieces. Serve with hot sauce. Refrigerate in an airtight container for up to 1 week.

