

THERE'S A *Chef* IN MY KITCHEN™

THE GLUTEN-FREE COOKING COLLECTION

Recipe

FRITTATA WITH MUSHROOMS, SPINACH, TOMATOES AND CHEDDAR

A frittata is an Italian omelet. Unlike an American omelet, the ingredients in a frittata are imbedded in the eggs, almost like a quiche. It's cooked first on the stovetop, and then finished in the oven, and can be made with almost anything - as long as you have eggs. It's such an elegant way of serving a simple, healthy meal.

INGREDIENTS

Makes 1 individual-sized frittata

- 3 eggs
- ¼ cup diced onions (medium dice)
- ½ cup sliced mushrooms (¼ inch slices)
- 5-6 grape tomatoes (diced)
- 1 cup fresh spinach
- ¼ cup grated cheddar
- 2-3 tbs olive oil (or just enough to cover the bottom of the pan)
- 1 small clove fresh garlic (finely diced)
- A few sprigs fresh parsley (stems removed and chopped)
- Pinch or two nutritional yeast (optional)

INSTRUCTIONS

Pre-heat oven to 370 degrees

- Place a 6 or 7 inch sauté pan over medium heat, add the olive oil and heat until hot, but not smoking
- Dice the tomatoes, slice the mushrooms, chop the garlic and wash the spinach

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INSTRUCTIONS cont.

- Scramble 3 eggs, season with salt and pepper. Add a pinch or two of nutritional yeast (optional)
- Place your pan over medium/high heat, coat the pan with oil and heat
- Add the onions to the pan and cook until softened (about 3 - 4 minutes)
- Add the mushrooms and cook until golden (about 3 - 4 minutes)
- Add the tomatoes and spinach. Cook just until the spinach wilts (about 2-3 minutes)
- Lower the heat to medium/low and add the eggs and cheese
- As the egg begins to set, run a knife along the edge of the pan to allow more of the uncooked egg to spill over
- When you see the edges become firm, it's ready to be finished in the oven
- Bake for about 12-15 minutes, or until the center is firm
- Tip: To remove, run your knife along the rim of the pan, slide a spatula underneath and lift it out

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NUTRITION FACTS

Nutrition Facts	
Frittata with Mushrooms, Spinach, Tomatoes and Cheddar	
Serving size: 1 individual frittata	
Amount Per Serving	
Calories	365.9
Total Fat	21.7 g
Saturated Fat	9.0 g
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	2.7 g
Cholesterol	539.9 mg
Sodium	396.7 mg
Potassium	360.0 mg
Total Carbohydrate	9.1 g
Dietary Fiber	1.8 g
Sugars	2.4 g
Protein	27.5 g