



Salmon-Spinach Frittata

A frittata is a baked omelet or quiche without the crust – quick, easy and fun. Serve hot or not, any time of day.

- 1 tbsp **olive oil**
- $\frac{1}{2}$ cup **red onion**, thinly sliced
- 4 cups fresh **spinach** leaves
- 2 whole **eggs** plus 1 cup egg substitute
- $\frac{1}{3}$ cup fat-free **sour cream**
- 8 oz **salmon** fillet, uncooked and cubed
- $\frac{1}{2}$ cup fat-free **feta cheese**, shredded

1. Warm oil over medium heat in a 12-inch nonstick skillet with oven-proof handle.
2. Add onion and sauté about 3 minutes until softened. Turn off heat and place spinach leaves on top to wilt slightly.
3. Meanwhile, whisk eggs; combine with sour cream. Fold in salmon and cheese, and pour mixture over spinach and onion in skillet.
4. Place skillet in oven and bake at 350F for 35-45 minutes, until eggs are firm.

MAKES 4 SERVINGS. Per serving:

247 calories | 26g protein | 12g total fat | 2g sat fat | 6g mono fat | 2g poly fat
| 117mg cholesterol | 8g carbs | 1g sugar | .5g fiber | 344mg sodium