

MAKE A GREAT PLATE.

Spinach and Feta Mini Frittatas

INGREDIENTS

- 6 large eggs
- ¼ tsp each salt and pepper
- 1 cup baby spinach, shredded
- ¼ tsp each salt and black pepper
- 12 grape tomatoes, halved
- ¼ cup feta cheese, crumbled

DIRECTIONS

Preheat oven to 350°F and line 6-cup muffin tin with liners. **In** large measuring cup with a spout, whisk together eggs, salt and pepper; set aside. **Distribute** spinach, tomatoes and feta equally into muffin cups. **Pour** egg mixture carefully into muffin cups. **Bake** 20 minutes. Serve, and freeze leftovers.

Makes 6 Servings. Each: 95 calories • 7g protein • 6g total fat • 2g carb
1g sugar • 0g fiber • 242mg sodium • 2g saturated fat • 2g mono fat • 2g poly fat

