

# French Frittata

Makes 4 servings | Time to prep: 10 | Time to serve: 10

## INGREDIENTS

8 eggs, beaten + seasoned with salt + pepper  
3 cup fresh spinach or 1/2 cup frozen  
2 Tb butter  
2 oz goat cheese (chevre) with herbs  
1 tsp salt + pepper  
Non-stick spray or olive oil for pan

High protein  
Delicious for  
dinner too!

In a 10" skillet, melt butter over medium heat until bubbles form. Add spinach and saute until wilted and moisture is reduced, about 2-8 minutes depending on fresh vs frozen.

While pan is still hot, pour eggs and tilt pan to spread egg mixture evenly around the edges of the pan.

Break goat cheese into small clumps and sprinkle over the surface of the frittata. Place pan in the oven at 400 for 10 minutes until top is puffy and eggs are cooked or set. Let cool and run a knife around the edge to release. Cut into four larger pieces.

## NUTRITION

Total calories per slice : 191  
Protein: 14 grams  
Carbohydrates: 1 gram  
Fat: 15 grams  
Fiber: 0.5 gram