

# Ham, Cheese, and Spinach Frittata

*“You can add your favorite vegetables to this recipe. Serve with whole wheat toast and a glass of orange juice for breakfast.”*

**8 servings**

## **INGREDIENTS:**

- Cooking spray
- 1/2 cup yellow onion, diced
- 4 whole eggs, whipped
- 1 cup liquid egg substitute (equivalent to 4 eggs)
- 1/2 cup low-fat (1 percent) milk
- Salt and pepper, to taste
- 1 cup tomatoes, chopped
- 1 (10 ounce) package frozen chopped spinach, thawed and thoroughly drained
- 2/3 cup low-fat sharp cheddar cheese, grated
- 2/3 cup turkey ham, diced



## **DIRECTIONS:**

- Heat oven to 400 degrees. Spray a 9-inch square baking dish or deep-dish pie pan with cooking spray.
- Spray a medium, nonstick pan and place over medium heat. Add onion and sauté until transparent, approximately 5 minutes. Set aside.
- In a medium bowl, blend eggs, eggs substitute, milk, salt, and pepper. Add remaining ingredients and blend thoroughly.
- Pour mixture into greased pan. Bake for 40 minutes or until frittata puffs and turns golden brown.

*The Food and Mood Cookbook by Elizabeth Somer: page 17*