



# Spinach and Red Pepper Frittata

Prep: 15 minutes | Cook: 45 minutes | Total: 60 minutes

Yield: 4 servings | Serving Size: ¼<sup>th</sup> of the recipe

## Ingredients

- 1 teaspoon oil
- ½ red bell pepper, diced small
- ½ small yellow onion, diced small
- 1 (10-ounce) package frozen chopped spinach, thawed
- 8 eggs
- ¼ cup nonfat (skim) milk
- 1½ teaspoons Italian seasoning
- ½ cup shredded sharp cheddar cheese

## Directions

1. Preheat the oven to 375°F.
2. Heat a large, oven-safe frying pan (e.g. cast-iron) over medium heat.
3. Add the oil and heat until shimmering.
4. Add the bell pepper and onion. Sauté, stirring occasionally, until softened, about 4-5 minutes.
5. Stir in the spinach. Remove the pan from the heat.
6. In a large bowl, whisk together the eggs, skim milk, and Italian seasoning.
7. Add the egg mixture to the pan with the vegetables.
8. Bake in the oven until golden brown and fully cooked, about 20-25 minutes.
9. Sprinkle the cheese on top and let sit until melted.
10. Serve warm.

## Recipe Notes

- If you don't have frozen spinach on hand, use 16 ounces fresh spinach, roughly chopped. Cook until wilted before removing the pan from the heat.

**Nutrition Facts Per Serving:** Calories: 225 | Total Fat: 15 g | Saturated Fat: 6 g  
Sodium: 275 mg | Total Carbohydrate: 6 g | Dietary Fiber: 2 g | Protein: 17.5 g

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