

Bacon, Egg and Spinach

BREAKFAST FRITTATA

- 6 eggs
- 2-3 cups frozen spinach, thawed and drained
- 6 slices bacon, cooked and crumbled
- 1 cup mushrooms, chopped
- ½ cup onion, chopped
- ½ green pepper, chopped
- ½ red pepper, chopped
- 1 ¼ cup shredded cheddar or a combo of cheddar and white cheddar
- Salt and pepper to taste

Get Creative

ADD
TOMATOES

1. Preheat oven to 375°. Spray a 9X13 baking dish with cooking spray.
2. Place a skillet on medium-high heat. Add the chopped veggies (excluding the
3. spinach) to the pan. Sauté for a few minutes until the veggies are soft.
4. Add the veggies to the bottom of the baking dish. Spread the veggies throughout the dish.
5. Then top with spinach.
6. Whisk the eggs in a small bowl. Season with salt and pepper. Pour the egg
7. mixture over the veggies.
8. Create an additional layer by adding crumbled bacon and shredded cheese.
9. Bake for 35 minutes.
10. Remove from the oven. Allow to cool before serving.

Adapted from: staysnatched.com

Yields 10 pieces

Washington County

