

FRITTATA

Frittatas are wonderful—essentially a quiche without the crust! You can make this recipe in a rectangular pyrex baking dish or make mini frittatas in muffin tins (boys divers LOVE these mini frittatas)

INGREDIENTS

12 eggs beaten
1 cup cream or 1/2 and 1/2 (boost fat content to make a balanced meal)
4 oz goat cheese
8 oz smoked salmon
4 cups spinach
salt and pepper
splash of Tabasco

*Oodles of variations:
feta cheese, spinach
and sun dried
tomatoes.
Fresh tomatoes,
parmesan and basil.
Green onions / chives
are a great addition.
Be creative!*

DIRECTIONS

1. Preheat oven to 350 degrees. Spray rectangular baking dish or 12 cup muffin tins with non stick spray.
2. Beat eggs, cream, s and p to taste, splash of Tabasco. Season to taste.
3. Break up goat cheese, slice and chunk smoked salmon, chop spinach add to eggs.
4. Pour mixture into baking pan or divide among muffin tin.
5. Eggs are firm in center when done. Baking pan cook 30 -35mn. Muffin tin cook for 15-20 min.
6. Let cool 5 min. and remove from tin.



A great source of protein, serve them warm or cold. A good early morning grab and go food.

