

SALMON AND GOAT CHEESE FRITTATA

INGREDIENTS

10 organic eggs
1 cup organic cream
½ of a 5oz pkg of organic spinach
4-5 oz. salmon, smoked or lox,
whatever you find
4 oz goat cheese
3 scallions/green onions
10 dashes of Tabasco sauce
1 tsp kosher salt
½ tsp pepper

DIRECTIONS

1. Pre heat oven to 350 degrees.
2. Mix eggs, cream mix well, add goat cheese, Tabasco, onions and S and P together, add spinach (it will float to the top). Pour into Pyrex baking dish (2qt, approx 10 ½" x 7") sprayed with olive oil pam.
3. Bake 40 - 45 minutes, until not wiggly in the center.
4. Great cold or warm, just reheat in microwave for a couple of minutes.

