



# **BASIC FRITTATA**

**MAKES 4 SERVINGS**

## **INGREDIENTS**

**8 EGGS**

**3 CUPS RAW BABY SPINACH**

**1/2 CUP BELL PEPPERS, DICED**

**1/4 CUP ONION, CHOPPED**

**FRESH HERBS (BASIL, ROSEMARY, ETC.)**

**PINCH OF SALT AND PEPPER, TO TASTE**

## **METHOD**

**PREHEAT OVEN TO 350 DEGREES F. MIX EGGS WITH SPICES IN BLENDER OR WITH A WHISK. LAYER SPINACH, PEPPERS, AND ONIONS ON BOTTOM OF PIE PAN. POUR EGG MIXTURE ON TOP AND SPRINKLE WITH SALT AND PEPPER. BAKE FOR 30-35 MINUTES, UNTIL EGGS RISE AND NO LIQUID REMAINS ON TOP.**