

**Easy Savory Healthy Spinach, Mushroom, Bacon or  
Salmon Egg Frittata**  
**Nutrition in Seattle - with Cindy Olejar**  
[www.nutritioninseattle.info](http://www.nutritioninseattle.info)

Serves 2 to 4 people



**Ingredients**

8 eggs

1 cup spinach or kale chopped or 1/2 cup spinach and 1/2 cup kale

1 - 4 oz can sliced mushrooms or 1/2 cup sliced fresh mushrooms

1/2 to 1 teaspoon garlic powder or granules

1/2 to 1 teaspoon sea salt - use less if using bacon or smoked salmon that are salted and no salt may be needed if using capers

1 teaspoon dried rosemary

1 teaspoon dried Italian herb blend

**Other optional ingredients**

1 to 3 strips of cooked bacon cut into pieces

4 to 6 ounces smoked salmon cut into small bite size pieces

2 oz capers - if using capers these have enough salt taste to them that sea salt is not needed

**Directions**

1. Mix all the ingredients in a large bowl

2. Pour mixture into a deep frying pan, put lid on top and cook on medium heat for 10 to 15 min or until eggs are cooked.

3. Let cool slightly, cut into 4 to 8 slices and enjoy.

4. Store leftovers in the refrigerator for up to one week.