



Red Pepper, Feta & Spinach Frittata



SERVINGS: 6-10

PREPPING TIME: 5 MIN

COOKING TIME: 25MIN

Fluffy eggs, a handful of spinach, flavorful feta cheese and red peppers come together for a delicious frittata! However, we encourage you to create your own variations - the possible combinations are endless!

Ingredients

- 6 large eggs for a 10-inch skillet (use 8 eggs for a 12-inch skillet)
- ¼ milk
- 2 garlic cloves, minced
- ¼ teaspoon sea salt, more for sprinkling
- Freshly ground black pepper
- Extra-virgin olive oil
- 1 shallot, chopped
- 2 roasted red bell peppers, chopped
- 2 cups Cascadian Farm Organic spinach, thawed
- ⅓ cup crumbled feta cheese

Directions:

- 1.Heat ½ tablespoon olive oil in a 10 or 12-inch cast-iron skillet over medium heat.
- 2.Add the shallot, and a pinch of salt and pepper and cook until translucent, about 5 minutes.
- 3.Add the roasted red peppers and spinach.
- 4.Sauté until the spinach is wilted, then add the egg mixture and gently shake the pan to distribute.
- 5.Sprinkle with the feta and bake 15 to 20 minutes or until the eggs are set.
- 6.Season to taste and serve.

