

## Spinach Frittata

## **INGREDIENTS:**

- 4 eggs
- ½ cup whole milk
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup shredded Swiss cheese
- 1 cup lengthwise-halved grape tomatoes
- 2 tablespoons salted butter
- 1 small onion, finely chopped
- 4 cups fresh baby spinach

## **DIRECTIONS:**

- 1. In a medium bowl, whisk together the eggs, milk, salt and pepper until smooth. Fold in the cheese and tomatoes and set-aside.
- In a 9-inch, oven safe pan, melt the butter over medium heat. Add the onion and sauté until softened, about 5 minutes. Add the spinach and cook until wilted, about 2 minutes. Pour the egg mixture over the spinach, and cook until almost set, 2 to 4 minutes.
- 3. Broil until golden brown on top. Turn out onto a serving plate.

Source: Adapted from Trisha's Table: My Feel-Good Favorites for a Balanced Life