

## Spinach Cheddar Frittata

Prep Time:10 min

Start to Finish:25 min

makes:1 serving

3 egg whites, whisked

1 ounce low-fat shredded cheddar cheese

1 cup raw baby spinach, washed and cooked.

Nonstick cooking spray

Salt and pepper to taste\*

Preheat the oven to 350 degrees. Whisk together the egg, cheese, and spinach; add salt and pepper to taste. Spray a small casserole dish with nonstick cooking spray, and pour in the egg mixture.

2.Bake for 15 minutes or until firm. Serve with fruit and whole grain toast.

\* Nutrition was calculated using 1/4 teaspoon salt and 1/2 teaspoon pepper.

### Nutritional Information

**1 Serving:** Calories 150 (Calories from Fat 20); Total Fat 2 1/2g (Saturated Fat 1 1/2g, Trans Fat 0g); Cholesterol 5mg; Sodium 1230mg; Total Carbohydrate 5g (Dietary Fiber 3g, Sugars 2g); Protein 28g

*Pearla Phillips*