italian grandma egg white frittata

cook time:	prep time:	featured product:
40	**5**	**baby spinach**

this recipe is an easy and healthy way to feed a group in a way that even your italian grandma would approve. this egg white frittata is loaded with organicgirl baby spinach, ricotta and parmesan cheese to make for a creamy and savory breakfast. pair with an english muffin for an easy breakfast on the go.

ingredients

serves 6

ingredients:
6 cups of egg whites
1?2 medium red onion, thinly sliced
4oz **organicgirl® baby spinach**
3?4 cup ricotta cheese, divided
1?2 cup freshly grated parmesan cheese
salt & pepper to taste
olive oil
english muffin (ie: ezeckiel)
red pepper flakes (optional)

directions

1. preheat over to 350°
2. add olive oil to a pan over medium heat. add onions and sauté until golden. add spinach and stir in until wilted. season with salt and pepper. pull off heat and reserve.
3. oil a 9×13” baking pan, making sure to grease all corners and up the sides.
4. in a medium bowl, whisk together egg whites, 1?2 cup ricotta cheese 1?4 cup parmesan, and a pinch of salt and pepper.
5. add egg mixture to the baking dish. scatter veggies throughout, top with dollops of remaining ricotta and sprinkle with remaining parmesan cheese.
6. bake for 35 minutes. serve on english muffin and enjoy.

nutrition

of servings 6
calories: 455
total fat: 18g
cholesterol: 47.6mg
sodium: 731mg
total carbohydrate: 48.8g
total sugars: 10.8g
protein: 45g