

Green Eggs and Ham Frittata

Serves: 6

Serving size: 1 wedge

8 large eggs
1½ tsp dried dill
½ tsp salt
½ tsp black pepper
1½ tbsp olive oil
2 leeks, white and light green parts only, diced
One 5 oz bag baby spinach
½ cup diced ham
½ cup shredded havarti cheese



Directions:

1. Position rack in the upper third of the oven. Preheat oven to 450°F.
2. Whisk eggs, dill, salt, and pepper in a medium bowl.
3. Heat oil in a large ovenproof nonstick skillet over medium heat. Add leeks; cook, stirring until softened, about 4 minutes. Add spinach and ham; cook, stirring until the spinach is wilted, about 1 minute.
4. Pour the egg mixture over the vegetables and cook, lifting the edges of the frittata so the uncooked egg can flow underneath, until the bottom is light golden brown, about 2 to 3 minutes.
5. Sprinkle cheese on top and put the pan in the oven. Bake until the eggs are set, about 6 to 8 minutes. Let rest for about 3 minutes before serving.

NOTE: This can be served hot or cold. You can also substitute the harvarti cheese with Swiss, muenster, or jack cheese.

Per serving: 220 calories, 14g protein, 14g fat (5g saturated), 265mg cholesterol, 7g carbohydrate, 2g fiber, 1g sugar, 290mg sodium

% Daily Value: Vitamin A 35% Vitamin C 10% Calcium 15% Iron 15%

Recipe courtesy of Eating Well