



Greek Frittata



Ready in	30 mins	Serves	8 people
Calories	154	Serving	3.4oz.
Carb	14g	Fiber	3g
Protein	25%		
Fat	41%		
Carb	34%		

Ingredients

- 6 Eggs
- ½ cup Greek yogurt, plain, lowfat
- ¼ cup Feta
- ½ cup Grape tomatoes
- 1 cup Spinach
- 1 Avocado
- ¼ cup Onion
- ½ cup Baby Portabella Mushrooms
- 8 slices Whole wheat bread
- ¼ tsp Pepper
- 1 tsp Olive oil



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Preparation

1. **Rinse all vegetables thoroughly.** With a damp paper towel wipe off all the dirt off of the mushrooms.
2. **Preheat the oven to 350 °F.**
3. **Cut mushrooms into slices** and set aside.
4. **Cut the top off of the onion,** and then in half. Remove the outer layer. Cut into thin slices. Then chop into small pieces. Set aside.
5. **Cut away the stems of the spinach.** Then set aside.
6. **Cut all the grape tomatoes in quarters.** Set aside.
7. **In a large bowl, add eggs, pepper and greek yogurt.** Whisk until well combined. Set aside in the refrigerator.
8. **Heat a cast iron pan to a medium high heat.** Add olive oil and onions. Saute for 3 minutes or until onions are soft and translucent.
9. **Add spinach, mushrooms and tomatoes.** Cook until spinach is slightly wilted.
10. **Add the egg mixture** and gently stir. Top with crumbled feta.
11. **Bake for 15 minutes** or until an internal temperature of 165°F.
12. **Serve hot** with Avocado Toast.