Greek Frittata

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 ℉.
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 ℉.
12. Serve hot with Avocado Toast.

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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