



Washington Farmers  
Market Nutrition Program

### Ingredients:

2 teaspoons vegetable oil  
1/2 cup chopped onion  
1 clove garlic, minced  
1 medium tomato, chopped  
1/2 teaspoon Italian seasoning  
1/8 teaspoon black pepper  
1/4 teaspoon salt  
3 eggs, lightly beaten  
3 cups fresh spinach  
1/4 cup sharp cheddar cheese,  
grated (optional)

## Garden Frittata

Makes 2 - 3 servings



### Directions:

1. Heat oil in skillet. Add onion, garlic and tomato and sauté until soft.
2. While onion is cooking, steam spinach in a pan with a small amount of water. Cook until spinach is wilted, drain
3. Add Italian seasonings, pepper and salt to the beaten eggs. Add eggs to the onion mixture.
4. Stir in the spinach and cheese.
5. Cover with a tight fitting lid and turn heat to low.
6. Cook for 15 minutes and check for firmness when done.



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<b>Nutrition Facts</b>	
Serving size: (164g)	
Servings Per Recipe 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 152	Cal. from Fat 92
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 4g	<b>20%</b>
<b>Cholesterol</b> 197mg	<b>65%</b>
<b>Sodium</b> 347mg	<b>15%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 10g	
Vitamin A 85%	Vitamin C 35%
Calcium 15%	Iron 10%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

## Garden Frittata

### OPTIONS

- To reduce fat and cholesterol, use an egg substitute or 6 egg whites.
- Use canned tomatoes if fresh tomatoes are unavailable or too expensive.
- Try using other herbs such as basil or thyme.
- Substitute broccoli in place of spinach.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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