



Spinach Frittata

Makes: 6 Servings

“We started out with a basic Spanish tortilla (boiled potatoes and eggs) and added a lot of veggies to it,” says Louis’ father, Gabriele. “We like the spinach version, but any combination of vegetables will work. We usually serve it with salsa on the side. As a school lunch we put a wedge between two slices of bread and put some salsa for dipping in a separate container.” For anyone allergic to nuts, Gabriele recommends substituting whole wheat flour for the almond flour.

Ingredients

- 5 cups** fresh spinach
- 1 cup** fresh flat-leaf parsley leaves
- 1 cup** fresh cilantro leaves
- 3** spring onions (ends trimmed)
- 6** large eggs
- 3 tablespoons** almond flour (or whole wheat flour)
- Salt and freshly ground black pepper

Nutrition Information

Nutrients	Amount
Calories	250
Total Fat	13 g
Saturated Fat	4 g
Cholesterol	214 mg
Sodium	264 mg
Total Carbohydrate	20 g
Dietary Fiber	3 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	13 g
Vitamin D	1 mcg
Calcium	135 mg
Iron	3 mg
Potassium	671 mg

N/A - data is not available

MyPlate Food Groups

■ Vegetables	1 1/4 cups
■ Protein Foods	1 ounce

2 tablespoons olive oil

2 small boiling potatoes (peeled, cut into cubes, and cooked)

1/4 cup Parmesan

Directions

1. In a food processor, chop the spinach, parsley, cilantro, and spring onions.
2. In a medium bowl, beat the eggs. Add the almond flour and season generously with salt and pepper. Add the spinach mixture and stir to combine.
3. In a large sauté pan over moderate heat, warm the olive oil. Pour the egg mixture into the pan then add the potato cubes, spreading them out evenly. Season with additional salt and pepper.
4. Reduce the heat to low and cook, covered, until the underside is golden brown, about 10 minutes.
5. Cut the frittata into quarters and flip each one over. Cover and cook until the frittata is firm and the potatoes are tender, about 10 minutes. During the last few minutes of cooking, sprinkle the frittata with Parmesan.
6. Serve hot with salsa on the side or cold on sandwich bread.

Notes

State: New Mexico

Child's Name: Louis Teich, 10

Source: The Epicurious 2013 Healthy Lunchtime Challenge Cookbook