



AT LENOX HILL NEIGHBORHOOD HOUSE

Spinach and Cheddar Frittata

A frittata makes for a great lunch or dinner recipe. Feel free to add additional cooked vegetables such as peppers, broccoli, caramelized onions, other in-season vegetables and herbs. You can add small pieces of ham, cooked salmon or protein of choice for a non-vegetarian option.

Serves 4-6

Ingredients:

10 eggs

$\frac{3}{4}$ cup cheddar cheese, shredded, plus $\frac{1}{4}$ c for garnish

1 cup fresh or frozen spinach (or vegetable of choice)

1 teaspoon salt

1 teaspoon black pepper

Directions:

1. Preheat oven 350 °F.
2. Grease baking dish using oil or vegetable spray.
3. In a large bowl beat eggs until frothy.
4. Add spinach, cheese, salt and black pepper. Mix well.
5. Pour egg mixture into greased pan and top with cheese. Bake uncovered for 20-25 minutes or until mixture is firm and top is lightly golden.