

Savory Egg and Spinach Frittata

This delightful frittata is a perfect blend of fluffy eggs and nutritious spinach, making it a wholesome main dish for any meal.

Quick to prepare and bursting with flavor, it's perfect for breakfast, lunch, or dinner.



Main Dish

25 min

Total time

easy

Difficulty

320

kcal / serving

Ingredients

- 2 large eggs
- 1 cup fresh spinach, chopped
- 1/4 cup onion, diced
- 1/4 cup bell pepper, diced
- 1/4 cup cheese (cheddar or feta)
- Salt and pepper to taste
- 1 tablespoon olive oil

Steps

- 1 Preheat your oven to 375°F (190°C).
- 2 In a small oven-safe skillet, heat the olive oil over medium heat.
- 3 Add the diced onion and bell pepper, sautéing until softened (about 3-4 minutes).
- 4 Stir in the chopped spinach and cook until wilted.
- 5 In a bowl, whisk the eggs, then add salt and pepper. Pour the egg mixture over the sautéed vegetables in the skillet.
- 6 Cook on the stovetop for 2-3 minutes until the edges start to set.
- 7 Sprinkle cheese on top, then transfer the skillet to the oven.
- 8 Bake for 10-12 minutes until the frittata is fully set and golden on top.
- 9 Let it cool slightly before slicing and serving.