

Frittata with onions, spinach and rice

4 servings

6 Tablespoons	extra virgin olive oil *
1 medium	onion(red or white) chopped
10 oz package	spinach, chopped, frozen, defrosted
6	large eggs
1 cup	non-fat milk
3 cups	cooked brown rice*

Turn on a broiler.

1. heat oil in a skillet that can be put under a broiler. Stir in the onions. Cook 2-5 minutes.
2. stir in the spinach and cook 3-5 minutes.
3. while the is cooking, scramble the eggs and milk in a small bowl. Add the rice. Season with salt and pepper, if desired.
4. add the egg/rice mixture to the skillet and spread out evenly over the pan (this is easily done with a rubber spatula).
5. cook on top of the stove until the mixture is set. If you run a rubber spatula around the mixture, you can tell when it is crusting on the bottom. It will take about 5 minutes.
6. when the mixture is set, put the pan under the broiler and broil for about 3 minutes or until the top starts to brown.
7. use a metal spatula to loosen the mixture from the pan. The frittata should easily slide out of the pan onto a plate when done.

Approximate cost of the recipe: \$4.54 or \$1.14 per serving