

Ingredients:

- 1 1/2 Teaspoons vegetable oil
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 medium tomato, chopped
- 3 cups fresh spinach
- 1/2 Teaspoon Italian seasoning
- 1/4 teaspoon black pepper
- 1/4 Teaspoon salt
- 4 large egg whites



Directions:

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

Nutrition Facts (Per Serving)

calories, 72; carbohydrate, 7 g; protein, 6 g; total fat, 3 g; saturated fat, 0.28 g; trans fat, 0 g; cholesterol, 0 mg; fiber, 1 g; total sugars, 3 g; sodium, 296 mg; calcium, 48 mg; folate, 65 mcg; iron, 1 mg; percent calories from fat, 33%.

Recipe courtesy of Washington Farmer's Market Nutrition Program

Makes 3 servings.



Garden Frittata

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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