

## Breakfast

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# Greek Frittata

Lisa Schroeder - Chef, Mother's Bistro and Bar  
Tifton Gazette

**Servings: 1**

**1 tablespoon butter**  
**1/2 cup lightly packed fresh spinach leaves**  
**Salt and freshly ground pepper to taste**  
**1 1/2 tablespoons oil-packed sun-dried tomatoes, drained and julienne cut**  
**1/2 cup sliced California olives**  
**1/2 tablespoon garlic, finely chopped**  
**1/2 cup crumpled feta cheese**  
**3 eggs, beaten**

Preheat broiler.

Heat an 8-inch nonstick omelet pan to medium heat.

Add 1 tablespoon butter and, when melted, add garlic and spinach.

Stir until spinach is wilted, then add tomatoes and olives, and season with salt and pepper.

Add beaten eggs to pan, and using a heatproof rubber spatula or wooded spoon mix the eggs in the pan to combine all the ingredients and to cook the eggs.

When it looks as if the eggs are beginning to set, stop stirring, top the frittata with the feta cheese, and place under the broiler to continue cooking. The frittata is done when the eggs are set, which should take about three minutes.

When done, remove pan from oven.

Using a rubber spatula, loosen the frittata from the pan and slide it onto a serving plate.

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Per Serving (excluding unknown items): 330 Calories; 26g Fat (73.1% calories from fat); 19g Protein; 3g Carbohydrate; trace Dietary Fiber; 667mg Cholesterol; 328mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.