

Bacon & Spinach Frittata

Makes: 8 Servings

Ingredients

- ½ tablespoon olive oil
- 1 cup chopped onion
- 2 cup wilted Spinach (200g bag of fresh Spinach)
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon dried thyme.
- ½ Cup grated cheese (Cheddar)
- 6 large eggs
- 4 Slices of uncooked Bacon



Instructions

1. Preheat oven to 180 C. In a pan heat 50ml of water and add fresh Spinach and cover for 3mins until Spinach has wilted. Leave to cool.
2. Heat olive oil in a 10-inch non-stick oven proof frying pan over a medium heat. Add onion, bacon, black pepper and thyme. Cover and cook for 5-6 minutes.
3. Squeeze any excess water from the Spinach and using a knife shred the spinach and add to the onion and bacon.
4. Combine eggs, cheese, remaining ¼ teaspoon of salt, pepper a medium bowl; stir with a whisk until frothy. Pour egg mixture into pan with onion, bacon and spinach, stirring gently.
4. Place pan in oven for 20 minutes or until set and golden. Allow to cool and cut into 8 slices.

Nutrition information: (including cooked ham)

Each Serving:

Kcal	185
Fat (sat)	16g
Net Carbs	3g
Protein	16.5g