

Spinach Frittata

- 2 thin slices of onion
- 1 clove of garlic, chopped small
- Olive oil
- 2-3 handfuls of fresh spinach (however much you want, really!)
- 1 whole egg
- 1 egg white
- ¼ cup cheddar cheese
- Avocado and Salsa, accompaniments

Heat oven to 350°F.

Heat an oven-proof skillet over medium heat. Add 1-2 teaspoons of olive oil and the onion slices and garlic. Cook 3-5 minutes just till softened.

While it cooks, whisk the eggs together with a splash of cold water.

Add all the spinach to the skillet at once and let it wilt. You can turn it over a couple of times if you want.

Pour the eggs over the spinach, making sure that the egg covers the bottom of the whole pan. Let it cook gently till almost set, then sprinkle the cheese over the top, and put it in the oven.

Let it bake until it is fully set and the cheese is melted and bubbly.

Serve it with avocado and salsa.

Bon Appétit!