RECIPE

Spinach and Mushroom Frittata

A fluffy oven-finished breakfast frittata of browned mushrooms and spinach in mostly egg whites.

MAKES

4 servings US Metric

TOTAL

40 min

Ingredients

- [ ] 1 tsp olive oil
- [ ] 1 small onion, diced
- [ ] 8 oz white mushrooms, sliced
- [ ] ¼ tsp garlic powder
- [ ] 5 oz baby spinach, about 6 packed cups
- [ ] 1 large egg
- [ ] 8 large egg whites (about 1 cup, 264 g)
- [ ] ½ tsp dried thyme
- [ ] ¼ tsp black pepper
- [ ] 0 tsp salt
- [ ] 2 tbsp shredded reduced-fat cheddar

Method

1. Heat the oven to 375 °F. Oven temperatures are not changed by altitude, so the temperature stays the same in Boulder.
2. Warm the oil in a 10 in nonstick, oven-safe skillet over medium heat. Cook the onion and mushrooms 7 to 8 minutes, until the mushrooms are brown and their liquid is gone.
3. Stir in the garlic powder for 30 seconds. Add the spinach by the handful and stir until it wilts, about 2 minutes. Spread it flat.
4. Whisk the egg, egg whites, thyme, pepper and salt until frothy. Pour over the vegetables.
5. Cook on the stove 2 to 3 minutes, until the edges look set. Sprinkle on the cheddar.

6 Move the skillet to the oven. Bake 12 to 15 minutes, until puffed and set in the middle. Egg dishes are done at 160 °F in the center, so check with a thermometer.

7 Rest 3 minutes, run a spatula around the edge and cut into 4 wedges.