

SPRING FLAVOR



Sausage and Spinach Frittata

Spring has arrived! It's time to reboot from winter and keep Eating Right with seasonal picks at the farmers' market. Spinach can be found year-round but is most fresh during the Spring or Fall months. For seven calories per one cup of raw spinach, this vegetable is full of nutrition. Spinach is packed with vitamins K and A, manganese, folate and many more vitamins and minerals as well as antioxidant-providing carotenoids and flavonoids. The mild taste, easy preparation and wide versatility make spinach an Eat Right veggie that can be used in far more ways than the staple salad.

SERVES: 4 - 6

INGREDIENTS:

2 cups	Spinach, chopped	1 tsp.	Oregano
1 small	Onion, chopped	½ tsp. each	Salt and black pepper
1 small	Bell pepper, chopped	¼ cup	Reduced fat cheese, shredded
1 cup	Mushrooms, chopped		
2 cloves	Garlic, minced		
1 lb.	Chicken or turkey sausage, reduced-fat variety		
1 tbsp.	Olive oil		
6 large	Eggs		
1 tsp.	Smoked paprika		

DIRECTIONS:

1. Preheat oven to 400°.
2. Remove sausage from casing. Brown meat in a large oven-proof skillet over medium/high heat. Drain meat and set aside.
3. Heat 1 tbsp. oil over medium/high heat, add onion and cook 2-3 minutes, add asparagus, garlic and mushrooms and cook until tender. Add spinach to lightly wilt. Return sausage to pan and reduce heat to medium-low.
4. While vegetables are cooking, whisk eggs and spices in a bowl. Once veggies are cooked, spread them evenly on the bottom of the skillet. Pour eggs over top and spread the mixture evenly. Top with cheese.
5. Allow the eggs to cook until just beginning to set. Then, place pan in the oven and bake until eggs are fully set in the middle (about 10 minutes). Once cooked, let the frittata cool for a few minutes. Try serving with a mixed green salad, sliced avocado and a slice of whole wheat toast.

ALTERNATIVES:

- Skip the sausage for a meat-free option. Swap in different veggies, spices and cheese for variety.
- Lightly sauté spinach with garlic, onion and season with lemon juice or balsamic vinegar, salt and pepper. Add cooked beans to the skillet during the final minutes of cooking for a meatless main entree.
- Add spinach to soups, chili or stews during the final minutes of cooking. Add to homemade veggie or turkey burgers, casserole dishes, sandwiches, whole wheat lasagna or other pasta dishes.
- Toss spinach with any veggies for a side salad, or top with baked or poached chicken or fish as a complete meal.
- Add to cooked grains along with celery, radishes, dried raisins or other veggies for a unique side.
- Puree into healthy fruit and yogurt smoothie recipes for added nutrition without the noticeable taste.

