

Spinach and Tomato Sheet Pan Frittata

Prep Time 10 mins
 Total Time 25 mins
 Meal Type Breakfast,Lunch,Dinner,Side
 Contributed By



Source Living Plate Teaching Kitchen

Servings 4



Ingredients

lb,c g,ml

- 1 cups Sun-dried Tomatoes, *drained and chopped*
- 4 cups Spinach, *Chopped*
- 1/2 tsp Garlic Powder
- 1 tsp Oregano, dry
- Cooking Spray
- 12 Eggs, large
- 1 cups Feta Cheese, *Crumbled* (Optional)
- Salt, *to taste*
- Black pepper, *to taste*

Directions

Prep

1. Drain and rinse sun-dried tomatoes if using canned. Chop.
2. Wash and chop spinach.
3. Preheat oven to 425° F.
4. Line sheet pan with parchment paper.

Make

1. Line a 9" x 13" rimmed sheet pan with parchment paper then lightly coat with cooking spray. Place the sun-dried tomatoes and spinach on the pan and then sprinkle with garlic, oregano, salt, and pepper. [You can also use an Italian Herb Blend].
2. In a small bowl whisk together the eggs. Pour the eggs over the vegetable mixture. Top with feta cheese, if desired.
3. Bake for 10-15 minutes or until eggs are set.
4. Season with salt and pepper to taste.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	351	Total Fat 22.7g	34%	Total Carbohydrates 11g	3%
		Saturated Fat 9.7g	48%	Dietary Fiber 2g	7%
		Trans Fat 0.0g		Total Sugars 6g	
		Cholesterol 591mg	197%	Protein 26g	
		Sodium 655mg	28%		
Vitamin D 3mcg 31% · Calcium 291mg 29% · Iron 4mg 23% · Potassium 703mg 14%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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