

Greek Frittata:

Yield: 4 servings

Preparation Time: About 20 minutes

Cooking/baking Time: About 15 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none">• ½ package (5 Oz.) frozen leaf spinach, thawed, squeezed dry and chopped• ½ cup (2 oz.) feta cheese, crumbled• 2 Tbsp. grated Parmesan cheese• 1/3 cup (3 oz.) ham, cut into small dice• ½ small onion, cut into small dice• 1 small garlic clove, pressed through a garlic press• 6 large eggs• ½ tsp. dried oregano• Salt and freshly cracked black pepper• 2 Tbsp. olive oil	<ul style="list-style-type: none">• 4 small bowls• Sharp knife• Cutting board• Grater• Garlic press or micro plane• Large bowl• Measuring spoons• Whisk• Medium-sized ovenproof skillet, or a cast iron frying pan• Wooden spoon• Plate

Method:

1. The night before you make the frittata, take the spinach out of the freezer and thaw in the fridge in a small bowl.
2. In the morning, squeeze out all the liquid (there will be a lot of it) over a bowl or the sink. Place on a cutting board and cut up into small pieces. Break it apart into a small bowl and put aside for now.
3. Place the oven rack in the middle of the oven and preheat the oven to 400 F.
4. Crumble the feta cheese into a small bowl.
5. Grate the Parmesan cheese and add to the feta.
6. Cut up the ham into a small dice. Place in a small bowl.
7. Peel the half onion. Cut the ½ small onion into slices and then cut the slices into cubes. Leave on the cutting board for now.
8. Peel the garlic clove and press through a garlic press. Add to the onions.
9. Crack the eggs into a large bowl. Whisk to combine.
10. Add the cheeses, the oregano, a pinch of salt and a few grinds of freshly cracked black pepper. Whisk together.
11. Place a medium-sized ovenproof skillet over a medium heat. Let the pan heat up for a minute then add the olive oil. Let the oil heat up then add the onions and garlic. Cook the onions and garlic until the onions soften, about 3 minutes.
12. Add the spinach and cook until the excess moisture evaporates, about 1 minute.
13. Turn the heat up to medium-high.

14. Add the ham and spread it evenly in the pan.
15. Add the egg mixture. Cook, *without stirring*, until the eggs start to set around the edges, about 1 minute.
16. Transfer the pan to the oven and bake until the frittata is puffed and set, about 10 minutes.
17. Remove from the oven and slide onto a large plate. Cut into wedges and serve. Frittata may be served hot or at room temperature.