

1 (10 ounce) package frozen chopped spinach, thawed
6 large eggs
2 egg whites
2 tablespoons skim milk
¼ cup finely chopped red onion
¼ cup shredded extra sharp cheddar
½ teaspoon salt
½ teaspoon pepper
Dash of hot sauce

Directions:

1. Preheat oven to 400F. Coat a 2-quart pie baking dish with non-stick cooking spray.
2. Squeeze thawed spinach between two layers of paper towels to dry thoroughly. Use your fingers or a fork to break up any clumps of spinach. Set aside.
3. Whisk eggs, egg whites, and milk together in a mixing bowl until combined. Add spinach, onion, cheese, salt, pepper, and hot sauce. Stir to combine. Pour into prepared baking dish.
4. Bake for 25 minutes or until puffed and golden.

Serves 6

Nutrient Analysis, per serving: 120 calories, 4g. carbohydrate, 11g. protein, 7g. fat,
360mg. sodium