



Weekly Recipe Challenge

Green Eggs & Ham Frittata *(courtesy of EatingWell)*

Our version of green eggs and ham is full of spinach, leeks and dill, along with ham and havarti cheese. Serve with: Roasted red potatoes or hash browns.

6 servings (1/2 Carbohydrate Serving) | **Active Time:** 30 minutes | **Total Time:** 30 minutes



Ingredients

- 8 large eggs
- 1 1/2 teaspoons dried dill
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 tablespoons extra-virgin olive oil
- 2 leeks, white and light green parts only, diced
- 1 5-ounce bag baby spinach, chopped
- 1/2 cup diced ham
- 1/2 cup shredded havarti or Muenster cheese



Instructions

1. Position rack in upper third of oven; preheat to 450°F.
2. Whisk eggs, dill, salt and pepper in a medium bowl.
3. Heat oil in a large ovenproof nonstick skillet over medium heat. Add leeks; cook, stirring, until softened, about 4 minutes.
4. Add spinach and ham; cook, stirring, until the spinach is wilted, about 1 minute.
5. Pour the egg mixture over the vegetables and cook, lifting the edges of the frittata so uncooked egg can flow underneath, until the bottom is light golden, 2 to 3 minutes.
6. Sprinkle cheese on top, transfer the pan to the oven and bake until the eggs are set, 6 to 8 minutes.
7. Let rest for about 3 minutes before serving. Serve hot or cold.



Nutritional Information (per serving) **Exchanges:** 1 vegetable, 1 1/2 medium-fat meat, 1 fat

- **Calories** 217
- **Carbohydrates** 6g (Fiber 1g)
- **Cholesterol** 296mg
- **Fat** 15g (5g Saturated Fat; 6g Monounsaturated)
- **Sodium** 418mg
- **Potassium** 320mg
- **Protein** 14g