



Greek Frittata

Ingredients

- 6 eggs, beaten
- 1/2 cup egg whites
- 1/2 cup feta cheese (optional)
- 1/4 cup grape tomatoes, halved
- 1/4 cup olives, pitted and halved
- Fresh chives
- Black pepper, to taste

Directions:

1. Preheat oven to 350 F
2. Sauté tomatoes and olives in a skillet over medium heat until softened; Season with black pepper
3. In a separate bowl, whisk eggs and egg whites
4. Spray an oven-safe dish with cooking spray; Pour in egg and veggie mixture
5. Fold in feta cheese, chopped scallions, and fresh dill; Bake for 15-20 minutes; Enjoy!

Cookware needed:

- Saucepan
- Medium bowl
- Oven-safe dish

Cost: \$ \$

Ease: 

Health Benefit: Eggs are a great source of protein and fat to keep you fuller for longer and support brain health. Dill and scallions contain antioxidants to promote overall health and reduce inflammation. Tomatoes contain vitamin C for immunity.

Fare  Meals
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