



SWEET POTATO SPINACH FRITTATA

Makes 6 servings | Serving size: 1 piece

PREP TIME

5 min

COOK TIME

20 min

TOTAL TIME

25 min

This simple egg dish makes amazing leftovers and can be eaten hot or cold. Eggs are a great breakfast protein source, and, combined with the delicious spinach and sweet potatoes, each bite is absolutely scrumptious!

Ingredients

- 1 teaspoon olive oil
- 5 cups baked, peeled, and chopped sweet potatoes
- 2 cups chopped spinach
- 10 eggs
- 1/4 teaspoon ground pepper
- 3/4 teaspoon salt



Directions

1. In a large skillet, heat oil. Add the diced sweet potatoes and spinach.
2. Preheat the oven to 400°F.
3. In a large bowl, beat eggs, salt, and pepper.
4. Pour eggs into skillet and cook over medium heat for 5 minutes, continuously scraping the bottom.
5. Place the skillet in the oven and cook for 10-15 minutes or until it no longer jiggles and a knife inserted in the middle comes out clean.
6. Allow to set for 5 minutes and cut into 6 pieces.