

## Spinach-Cheese Frittata

4-8 oz fresh spinach  
1-2 tsp butter  
1/3 cup water  
6 eggs  
4 oz feta cheese (or shredded cheese)

1. Wash and dry spinach; tear into bite-sized pieces.
2. Melt butter in nonstick skillet, using almost lowest heat setting. Beat eggs and water together until frothy. Pour into skillet.
3. Gently press spinach into the eggs. Crumble cheese over eggs. Cover and cook for 10-20 minutes or until eggs are set to your liking.



Slip frittata onto a plate, slice and serve. Fruit or vegetable salad goes well with this.