

Spinach and Tomato Sheet Pan Frittata

Prep Time 10 mins
 Total Time 25 mins
 Meal Type Breakfast,Lunch,Dinner,Side
 Contributed By



Source [Living Plate](#)

Servings 4



Ingredients

lb,c g,ml

- 1 cup Sun-dried Tomatoes, drained and chopped, *Chopped*
- 2 cup Spinach, *Chopped*
- 1/4 tsp Garlic Powder
- 1/2 tsp Oregano, dry
- Cooking Spray
- 6 Eggs, large
- 1/2 cup Feta Cheese, *Crumbled* (Optional)
- Salt, *to taste*
- Pepper, *to taste*

Directions

Prep

1. Drain and rinse sun-dried tomatoes if using canned. Chop.
2. Wash and chop spinach.
3. Preheat oven to 425° Fahrenheit.
4. Line sheet pan with parchment paper.

Make

1. Line a 9" x 13" rimmed sheet pan with parchment paper then lightly coat with cooking spray. Place the sun-dried tomatoes and spinach on the pan and then sprinkle with garlic, oregano, salt, and pepper. [You can also use an Italian Herb Blend].
2. In a small bowl whisk together the eggs. Pour the eggs over the vegetable mixture. Top with feta cheese, if desired.
3. Bake for 10-15 minutes or until eggs are set.
4. Season with salt and pepper to taste.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 11.6g		17%	Total Carbohydrates 10g
Saturated Fat 4.9g		24%	Dietary Fiber 2g	8%
Trans Fat 0.0g			Total Sugars 5g	
Cholesterol 296mg		98%	Protein 14g	
Sodium 347mg		15%		
Vitamin D 2mcg 15% · Calcium 168mg 16% · Iron 3mg 17% · Potassium 667mg 14%				

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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