
Main, Eggs, Festive Frittata

Servings: 8

- **12** **eggs – lightly beaten**
- **1 3/8 lbs** **Butternut Squash – roasted**
- **5/8 lbs** **Red Potatoes – chopped coarsely**
- **3/8 lbs** **Spinach – frozen, thawed, squeezed dry**
- **1/2 lbs** **Feta Cheese – crumbled**
- **1/4 lbs** **Cheddar Cheese – grated**
- **1/4 lbs** **Red Onions – thinly sliced**

Chop squash into bite-sized chunks. Oil, salt, and pepper the squash on sheet pan. Roast in oven at 375°.

Chop and steam the potato until just tender (about 5-7 minutes).

If using fresh spinach, blanch it and then put it in cheesecloth or a clean towel and squeeze the liquid out of it. If using frozen, thaw it and squeeze it to dry.

Put the squash and the potato in a large bowl.

Add the spinach and the Feta cheese and mix together gently until the ingredients are evenly distributed. Pour the mixture into 2-inch hotel pans.

Crack the eggs into a bowl and beat them lightly. Pour them over the other ingredients in the hotel pans. Sprinkle the cheddar cheese and red onion on top.

Bake in a medium hot 350°F oven for about 60-90 minutes until firm.

Begin cooking with covers on to make sure that the cheese doesn't burn, but remove covers in the last 10 minutes or so to allow the top to brown off.

Enjoy!

Per Serving (excluding unknown items): 296 Calories; 17g Fat (51.8% calories from fat); 18g Protein; 18g Carbohydrate; 3g Dietary Fiber; 354mg Cholesterol; 509mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 2 Fat.