# SUNDRIED TOMATO, SPINCACH, BACON, FETA FRITTATA

## Ingredients

- 6-8 Eggs or Egg Whites
- Sundried tomato's chopped
- Spinach
- Bacon
- Feta
- Milk

## Recipe

1. Preheat oven 20 400 degrees and precook bacon.
2. Whisk together eggs and or egg whites with a splash of milk or omit milk.
3. Heat cast iron or oven safe pan. Add sundried tomato's, spinach and heat for 2 mins.
4. Pour in eggs, sprinkle on bacon and feta. Let sit for 1-2 minutes
5. Place in 400-degree oven for 8-10 minutes
6. .Let cool for 5 minutes, serve and enjoy.

## Health Benefits

Roughly 150 calories per serving, Total Fat 10g, Protein 11 g.

BE WELL

KINEMA FITNESS