



Marilyn's Frittata

Makes one 8 x 11 casserole or 8-10 serving

Ingredients:

- 9 eggs
- 1 pint small curd cottage cheese (I use full fat)
- 8 oz Swiss cheese, grated
- 8 oz feta cheese, chopped
- 1 pound of fresh baby Spinach, washed
- 1/8 tsp. fresh ground nutmeg
- Olive oil to grease the baking pan on the bottom and sides

Instructions:

Begin by filling a large sauté pan with two inches of water and bringing it to a boil. Add spinach and allow the leaves to wilt, about four minutes. Don't put a lid on the pan but keep moving the spinach leaves around with a tongs. Remove the spinach to a strainer and keep pressing with the back of a spoon to remove as much water or liquid as you can. After it cools a bit, squeeze dry again and roughly chop the spinach.

Once spinach is prepared, beat eggs, add cheeses, and stir in spinach and nutmeg. Put into an oiled pan, and even out the surface. Bake about 45-50 minutes at 350 degrees until golden brown and "set" so that when you gently shake the pan, the center doesn't appear to be runny. Allow the frittata to cool at least 10 minutes before cutting into squares.

I always serve this with a slice of fresh tomato or sautéed cherry tomatoes on top. I also like to accompany it with whole grain crackers or rustic bread, fresh fruit salad, and a vegetable or green salad... Delicious!!!

PS: I have used steamed chopped broccoli in place of spinach, cheddar cheese instead of Swiss – the sky is the limit. A little fresh parmesan cheese on top doesn't hurt either. Also – refrain from adding additional salt as there's already a lot in the cheeses. Final note - I like my frittata fairly thick but it is also possible to bake this in a larger dish and have a "flatter" looking frittata that is still good. OK – just one more thing ... frittata is good hot, warm or even room temperature.