

Spinach and Canadian Bacon Frittata



This is a very easy dish...it is a whole meal by itself. You have all you need in a meal tided up together. It is low in carbohydrates, has lots of protein and it is very simple to make. Another good thing... you just have one pan to wash :-)!

Ingredients:

$\frac{1}{2}$ red onion thinly sliced

6 slices of Canadian bacon (you can substitute with any cold cut)

1 bunch of baby spinach leaves

3 strings mozzarella cheese, sliced.

$\frac{1}{2}$ cup of frozen artichokes

4 eggs slightly beaten with $\frac{1}{4}$ cup of milk

$\frac{1}{2}$ teaspoon paprika
Salt and pepper to taste
1 tablespoon olive oil





Method:

In a hot fry pan, sautee the onion with the Canadian bacon with the olive oil. When the onion starts to get soft, add the spinach and the artichokes. In the meantime add to mixture of eggs, paprika, salt and pepper, mix gently. Pour the egg mixture on the pan, and gently layer the mozzarella cheese. Cover and lower the heat. Cook for approximately 5 minutes. It is done when the egg settles. Flip the pan on a plate and serve warm.





Did you know that Canadian bacon is known in Canada as back bacon? Canadian bacon or back bacon is a cut that comes from the loin. It is more like a slice of ham which is leaner and tender than bacon.

Thank you for visiting Simple Recipes!