

Spinach Frittata Recipe, Paleo Friendly

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Recipe type: Entree Cuisine: American

Prep time: 15 mins Cook time: 20 mins Total time: 35 mins

Serves: 6

Oven baked frittata with spinach and mushrooms, Paleo friendly.

Ingredients

- 8 eggs, well beaten
- 1 tablespoon olive oil
- 2 cups baby spinach, washed, dried
- 2 cups sliced mushrooms
- gruyere or swiss cheese (optional)
- salt
- pepper

Instructions

1. Preheat oven to 400 degrees.
2. Saute mushrooms in cast iron pan or oven proof pan (8 inches for 8 eggs) If you want it larger, use one egg per inch of diameter of pan).
3. Season eggs with salt and pepper. Add cheese if using.
4. Add eggs to pan.
5. Add spinach.
6. Bake for 15 to 20 minutes until top is done.

Recipe by Spinach Tiger at <https://spinachtiger.com/spinach-frittata-recipe-paleo-friendly/>