

Breakfast

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Spinach Lover's Frittata

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<p data-bbox="250 371 402 401">Ingredients:</p> <ul style="list-style-type: none"><li data-bbox="337 443 997 472">4-6 oz. Fresh Organic baby spinach, triple washed<li data-bbox="412 480 643 510">4 Eggs, whipped<li data-bbox="380 518 532 548">1 T. Water<li data-bbox="380 556 1040 585">1 C. Sharp Cheese (Provolone, Feta, Cheddar, etc.)<li data-bbox="329 594 1248 657">8 Slices Calabrese Sopressata (or Genoa Salami, Pepperoni, Ham, etc.) Cut into 3/8 inch by 1 inch strips<li data-bbox="380 665 724 728">1 T. Butter Black Pepper to taste<li data-bbox="334 737 854 842">1-2 tsp. Olive Oil (Optional) Crushed Red Pepper (Optional) Oregano (Optional) <p data-bbox="250 884 1333 1060">NOTE: For the Provolone, don't use the one in the deli department, go to the area that has Italian cheeses in chunks You can make many variations to this by using different meats and cheeses. For example, you can use Ham and Cheddar Cheese or Pepperoni and domestic Provolone or Feta.</p>	
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<p data-bbox="250 1142 402 1171">Directions:</p> <ol style="list-style-type: none"><li data-bbox="261 1213 1224 1276">1. Heat a 10-inch frying pan on medium-low heat and then melt the butter. (Use a frying pan that can go into the oven – no plastic handles)<li data-bbox="261 1285 1346 1390">2. Layer the pan with the spinach – it will be high. Cover with a meshed screen and wilt the spinach until about ½ the volume and then press down the spinach with a spatula. If desired drizzle the spinach with the Olive Oil.<li data-bbox="261 1398 769 1428">3. Add the water to the eggs and whip.<li data-bbox="261 1436 1219 1499">4. Pour whipped eggs over the spinach and grind Black Pepper over them. Add other spices at this time if wanted.<li data-bbox="261 1507 951 1537">5. Spread Calabrese Sopressata evenly over the eggs.<li data-bbox="261 1545 769 1575">6. Sprinkle cheese evenly over the top.<li data-bbox="261 1583 1219 1612">7. Put in a 350-degree oven and bake for 10 minutes or until eggs puff up.<li data-bbox="261 1621 1057 1650">8. Put on a large flat serving plate, cut into wedges and serve.	

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