



Super-Quick Skillet Frittata

🍴 Makes 6 servings ⌚ Cook time: 20 minutes

Ingredients

- 1 ½ oz. Off The Eaten Path® Chickpea Veggie Crisps (about 20 crisps)
- ¾ cup grated Parmesan cheese (about 3 oz.)
- 1 Tbsp. olive oil
- 4 cups fresh spinach leaves
- ½ cup sliced green onions (about 3 medium green onions)
- 1 tsp. minced garlic
- 8 large eggs
- 2 Tbsp. water
- 3 Tbsp. chopped fresh dill (about ½ oz.)
- ¼ tsp. kosher salt
- ¼ tsp. ground black pepper

Instructions

1. Preheat oven to 350°F.
2. Combine Off The Eaten Path® Chickpea Veggie Crisps and Parmesan in bowl of a food processor; process until mixture resembles coarse meal, about 10 seconds; set aside.
3. Heat a medium ovenproof nonstick skillet over medium heat. Add oil to skillet, swirling to coat bottom and sides of skillet. Add spinach, green onions, and garlic; cook 4 minutes or until spinach is wilted and onion is tender, stirring occasionally.
4. While spinach mixture cooks, crack eggs into a medium bowl and whisk vigorously. Whisk in water, dill, salt, and pepper. Pour egg mixture over spinach mixture in skillet; sprinkle evenly with Parmesan-crumble mixture. Cook over medium just until egg mixture begins to set around edges of skillet, about 3 minutes. Gently run a spatula or dull knife around edge of egg mixture to loosen from edges of skillet.
5. Place skillet in preheated oven; cook until center is set, about 10 minutes. To serve, turn out onto serving plate. Cut into 6 wedges.

Nutrition Info: Calories: 200 | Total Fat: 13g | Saturated Fat: 4g | Cholesterol: 255mg
Sodium: 410mg | Total Carbohydrates: 8g | Dietary Fiber: 1g | Sugars: 1g | Protein: 13g