

## Bacon & Mushroom Frittata

Switch up the cheeses for a totally different flavor!

### Ingredients

2 Tbls olive oil  
1 cup baby bella mushrooms, sliced  
1 clove garlic, minced  
1 pkg fresh baby spinach  
4 slices bacon, cooked and chopped  
1 10 oz can Rotel tomatoes  
1 4 oz can green chilies  
¼ tsp sea salt  
¼ tsp fresh ground pepper  
12 large eggs, beaten  
½ cup crumbled garlic and herb feta cheese



### Directions

1. Preheat the oven to 350 degrees.
2. Heat oil in 10 inch cast iron skillet over medium heat. Saute mushrooms 2-3 minutes or until browned.
3. Add garlic and saute 1 minute. Stir in spinach, cook stirring constantly until spinach begins to wilt.
4. Add bacon, tomatoes and green chilies, salt & pepper, and cook. Stir often, 2-3 minutes. Add eggs and sprinkle with cheese.
5. Cook 3-5 minutes, gently lifting edges of frittata with a spatula and tilting pan so uncooked portions slip underneath.
6. Bake at 350 degrees for 12-15 minutes or until set and lightly browned. Remove from oven and let stand 5 minutes. Slice into 6 wedges and serve immediately.

Makes 6 servings

### Nutrition Facts:

Calories 275

Total Fat 19.5g

Total Carbohydrates 5.8g

Dietary Fiber 1.5g

Protein 19g

Adapted from SouthernLiving.com