

# Salmon and Spinach Frittata

Makes 6 Servings

## Ingredients

- 1 (12-ounce) bag frozen spinach, thawed and drained
- 7 large eggs, lightly beaten
- 2 (5-ounce) cans salmon, drained
- 1/4 cup milk or half and half
- Salt and pepper, to taste
- 2 tablespoons unsalted butter

## Directions

1. Preheat oven to 400 degrees. Place spinach in a clean kitchen towel and squeeze out any extra water.
2. Mix spinach, eggs, salmon, milk, salt and pepper in a large bowl.
3. Melt butter in a large oven-proof pan over medium-high heat. Add egg mixture and cook, without stirring, for 5 minutes. Carefully put the pan in the oven and bake until center is set, about 8 to 10 minutes. Slice and serve hot.

Recipe from: Feeding Pennsylvania and PA Eats

