

Potato, Ham and Spinach Frittata

Ingredients

- 3 tablespoons olive oil
- 2 small russet potatoes (about $\frac{3}{4}$ pound), peeled and thinly sliced
- 1 small onion, thinly sliced
- 9 large eggs
- kosher salt and black pepper
- 1 10-ounce package frozen chopped spinach, thawed and squeezed of excess liquid
- 4 ounces white Cheddar, grated (1 cup)
- 4 ounces thinly sliced deli ham, cut into 2-inch pieces
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1 head red leaf lettuce, torn into bite-size pieces (6 cups)

Nutrition Facts

Calories 500
 Fat 32g
 Sat fat 10g
 Cholesterol 517mg
 Sodium 1,138mg
 Protein 31g
 Carbohydrate 25g
 Sugar 5g
 Fiber 5g
 Iron 5mg
 Calcium 405mg

Instructions

Heat oven to 400° F. Heat 2 tablespoons of the oil in a large ovenproof nonstick skillet over medium heat. Add the potatoes and onion and cook, tossing occasionally, until the potatoes are tender, 12 to 15 minutes.

Step 2

Meanwhile, in a large bowl, whisk together the eggs, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper. Mix in the spinach, Cheddar, and ham.

Step 3

Add the egg mixture to the skillet, stir once, and transfer the skillet to oven. Cook until the eggs are set, 12 to 14 minutes.

Step 4

Meanwhile, in a large bowl, whisk together the vinegar, mustard, the remaining tablespoon of oil, and $\frac{1}{4}$ teaspoon each salt and pepper. Add the lettuce and toss to coat. Serve with the frittata.

