



Nutrition Facts

Serving Size		1/6 of frittata
Amount Per Serving		
Calories 240		
		% Daily Value
Total Fat	17g	26%
Saturated Fat	6g	30%
Cholesterol	205mg	68%
Sodium	680mg	28%
Total Carbohydrate	9g	3%
Dietary Fiber	2g	8%
Protein	12g	24%
Vitamin A %		Vitamin C %
Calcium %		Iron %

SPINACH AND ARTICHOKE FRITTATA



Total Time
60 MIN.

Serving Size
1/6 OF FRITTATA

Difficulty
MEDIUM

Yields
24

This fluffy frittata can be paired easily with a side soup or salad for a filling lunch or brunch item. Artichokes and fresh spinach give this simple egg dish an elevated twist.

INGREDIENTS

WEIGHT

MEASURE

vegetable oil	3 tbsp	45 mL
chopped onion	1 cup	250 mL
minced garlic	1 tbsp	15 mL
chopped canned artichoke hearts	2 cups	500 mL
baby spinach	8 cups	2 L
eggs		
milk	2 cups	500 mL
Campbell's® Signature Golden Broccoli and Cheese Condensed Soup	6 cups	11/2 L
shredded Asiago cheese	2 cups	500 mL
pepper	3/4 tsp	4 mL
paprika	1/2 tsp	2 mL
salt	1/4 tsp	1 mL

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Heat oil in large skillet set over medium heat; cook artichokes, onion and garlic for 3 to 5 minutes or until tender and fragrant. Stir in spinach and cook for 3 to 5 minutes or until wilted. Let cool completely.
2. Whisk eggs with milk and Signature Golden Broccoli and Cheese Condensed Soup until smooth. Stir in spinach mixture, Asiago cheese, pepper, paprika and salt. Makes 15 ½ cups / 3.75 mL egg mixture.
3. Divide egg mixture between four 9-inch (23 cm) greased deep pie dishes. Bake for 30 to 35 minutes or until eggs are golden, puffed and set. Cut each frittata into 6 portions. Serve warm.



Tip

- For an added kick, add crushed red chili flakes or a dash of hot sauce to the frittata mixture.
- Frittata mixture can be made and refrigerated for up to 1 day. Assemble in pie dish and bake according to recipe directions.

Tips: