THE story OF YOUR dinner
Partnership for
Food Safety Education

SPINACH FRITTATA
WITH GOAT CHEESE, PEAR & WALNUTS
6 SERVINGS

INGREDIENTS

8 large eggs

¼ cup 2% reduced fat Milk

½ teaspoon kosher salt

⅛ teaspoon freshly ground black pepper

2 Tablespoons extra virgin olive oil

1 medium sweet onion, gently rubbed under cold running water and chopped

1 clove garlic, gently rubbed under cold running water and minced

6 ounces baby spinach, gently rubbed under cold running water

4 ounces goat cheese

1 pear, gently rubbed under cold running water and sliced into thin wedges

½ cup chopped Walnuts

Honey, to taste (optional)

RECIPE AND PHOTO COURTESY OF Kerri Watkins.
This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org.

INSTRUCTIONS

1. Wash hands with soap and water.

2. Preheat oven to 375 °F.

3. Whisk eggs to break the yolks. Then add milk, salt and pepper. Whisk to combine and set aside.

4. Wash hands with soap and water after handling eggs.

5. Heat a 10-inch oven-safe pan over medium heat.

6. Add olive oil and onions. Cook, stirring occasionally, for approximately 5 minutes or until onions are translucent.

7. Stir in garlic and spinach, and cook until spinach is wilted, approximately 2 to 3 minutes.

8. Add egg mixture to pan and mix until ingredients are evenly combined.

9. Wash hands with soap and water after handling eggs.

10. Crumble goat cheese evenly over the egg mixture.

11. Wash hands with soap and water after handling goat cheese.

12. Cook for 3 to 4 minutes on medium heat, until the edges begin to set.

13. Add pear slices and chopped walnuts on top of the egg mixture.

14. Drizzle honey over the top, if desired.

15. Place skillet in the oven and cook for 10 minutes or until the center of the frittata is set and internal temperature reaches 160 °F on food thermometer.

16. Remove from the oven and allow to cool for 2 to 3 minutes. Cut into 6 even wedges and serve.

BROUGHT TO YOU BY:

Cargill

COSTCO WHOLESALE

Partnership for Food Safety Education
Together: A Food Safe America