

Recipes



Butternut Squash, Spinach and Feta Frittata

Makes 12 servings

In a frittata, the ingredients are mixed in with the eggs; in an omelet they are folded inside cooked eggs.

- Preheat oven to 400°F (200°C)
- 13- by 9-inch (33 by 23 cm) glass baking dish, lightly greased

| | | |
|---------|--|--------|
| 1 | butternut squash, peeled and cubed (4 to 5 cups/1 to 1.25 L) | 1 |
| 1 | package (10 oz/300 g) frozen chopped spinach, thawed and drained | 1 |
| 1½ cups | cubed peeled potatoes | 375 mL |
| ¾ cup | thinly sliced red onion | 175 mL |
| 8 | eggs | 8 |
| ½ cup | 1% milk | 125 mL |
| | Freshly ground black pepper | |
| 1 cup | shredded Cheddar cheese | 250 mL |
| ½ cup | crumbled feta cheese | 125 mL |

1. Place squash in a large microwave-safe bowl and cover with plastic wrap, leaving a corner open to vent. Microwave on High for about 5 minutes or until fork-tender. Drain off excess liquid. Gently stir in spinach, potatoes and red onion. Spread in prepared baking dish.
2. In a bowl, whisk together eggs and milk. Season to taste with pepper. Pour over vegetables and stir gently to distribute. Sprinkle evenly with Cheddar and feta.
3. Bake in preheated oven for 35 to 40 minutes or until eggs are set.

Tip

- Butternut squash can be difficult to peel. To make the task easier, first cut the squash in half crosswise, to create two flat surfaces. Place each squash half on its flat surface and use a sharp utility knife to remove the tough peel.

Serving idea

Serve with a green salad or a steamed green vegetable such as peas, beans or edamame. To boost the protein in this meal, sprinkle the salad or vegetable with toasted nuts or seeds.

Nutrients per serving

| | |
|---------------|-----------------|
| Calories | 151 |
| Fat | 8.0 g |
| Carbohydrate | 12 g |
| Saturated Fat | 4.1 g |
| Protein | 9 g |
| Fiber | 2 g (8% DV) |
| Sodium | 192 mg (8% DV) |
| Calcium | 177 mg (16% DV) |
| Iron | 1.2 mg (9% DV) |

Very high in: Vitamin A and vitamin B₁₂

High in: Magnesium, folate and riboflavin

Diabetes Food Choice Values Per Serving:

1/2 Carbohydrates

1 Meat & Alternatives

1 Fat