

Sausage, Spinach and Cheese Frittata

I've been trying to add more vegetables to my diet. One way of doing that is adding it to the main dish. My husband is a meat and potatoes kind of guy, so coming up with creative ideas that he likes too can be challenging! Here is one of the things I came up with and even he liked it – a lot!

Spinach, Sausage and Cheese Frittata



What you need:

- $\frac{1}{2}$ pound bulk breakfast sausage
- 1 clove of garlic, crushed

- 1 teaspoon dried rubbed sage
- 3 cups cleaned, fresh spinach
- $\frac{1}{4}$ cup water
- 6 eggs
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- 1 cup shredded pepper jack cheese

How to Do it:

Preheat the oven to 350 degrees.

Break up the sausage in the pan. Mix in the sage and garlic and brown,



breaking it up with a wooden spoon as you cook in an oven proof frying pan.



On low heat, add the spinach and the water, then cover. Cook until the spinach is wilted



Beat the eggs well with the salt and pepper.



Pour evenly over the spinach and sausage mixture.



Spread the cheese evenly over the top.



Bake until the eggs set and the cheese is bubbling and beginning to brown, about 10 minutes.



Serve hot!



Serves 4

© Copyright 2016 The Lazy Gastronome