



### **Mini Frittatas**

Nonstick vegetable oil cooking spray  
2 Tbsp. extra-virgin olive oil  
2 green onions, thinly sliced  
1 lb. spinach  
6 eggs  
1 cup ricotta, part skim  
1/3 cup grated Swiss cheese  
1/3 cup grated Parmesan cheese  
Salt and freshly-ground pepper to season

Heat oven to 425°F. Coat 12 nonstick muffin tins with cooking spray. Set aside.

Heat olive oil in a large pan over medium heat. Cook green onion and spinach for 3-4 minutes.

Lightly whisk eggs in a bowl. Stir in ricotta, Swiss cheese and Parmesan cheese, spinach mixture, salt and pepper.

Spoon into muffin tins and bake about 18-20 minutes or until eggs fluff-up and top is lightly browned.

Nutrition Information per Serving: 112 calories, 8 grams protein, 8 grams fat, 3 grams carbohydrate, 133 mg sodium.

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