

# Bone Healthy Recipes

## Three-Cheese Spinach Frittata

### Ingredients:

1 cup baby spinach leaves  
Olive oil-flavored cooking spray  
1 egg  
4 egg whites or 1/2 cup egg substitute  
2 teaspoons fresh minced basil leaves  
3 tablespoons fat-free milk  
1/2 ounce provolone cheese  
2 tablespoons feta cheese  
1/2 ounce shredded mozzarella cheese

### Instructions

1. Tear the spinach leaves into small pieces and set aside.
2. Spray an omelet-sized skillet with the cooking spray. Whisk together the egg, egg whites, basil, and milk. Pour the eggs into the skillet and heat over low to medium heat.
3. Sprinkle the spinach over the eggs.
4. Tear the provolone cheese into tiny pieces and sprinkle over the eggs. Add the feta and mozzarella cheese over the eggs.
5. Continue to heat the frittata for 6 to 7 minutes or until eggs are puffed, browned, and set.

### Serve with:

One 6-ounce container plain, fat-free Greek yogurt  
1/2 cup fresh or frozen, unsweetened raspberries

**Nutritional Information:** 414 calories; 47 g protein; 19 g carbohydrates; 7 g fiber;  
17 g fat (8 g saturated); 246 mg cholesterol; 834 mg sodium; 537 mg calcium