



SPINACH & FETA FRITTATA



Crocktober

SLOW COOKER RECIPE COLLECTION

Submitted by Lindsey Bryan, Certified Profile Coach – Knoxville, TN

Profile Exchange values: 3oz lean protein, 1 fat, ½ serving vegetables

Number of Servings: 8

Ingredients:

- 2 cloves Garlic
- 2 cups Spinach, fresh
- 10 Eggs
- 1/4 tsp Salt
- 1/4 cup Cheddar cheese
- 3/4 cup Feta cheese
- 2 cups skim Milk
- 1/2 cup Parmesan cheese



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- 1 pack Profile Pancakes
- 1 pack Profile Creamy Chicken Soup

Directions:

- Add the eggs and milk to a large bowl and whisk to combine, then add Profile Pancake mix and Profile Creamy Chicken Soup.
- Add in spinach, garlic, feta cheese, Parmesan cheese and salt and stir to combine.
- Spray inside of slow cooker with non-stick spray
- Pour into slow cooker and sprinkle the cheddar cheese on top of the mixture.
- Cover and cook on low for 7 to 8 hours.

Nutrition Facts:

Calories: 221

Protein: 19g

Carbs: 7g

Fat: 14g