



RENEE COMET FOR USA WEEKEND

Spinach is good for you raw — and even better cooked with a bit of fat, for better absorption of its powerful antioxidants. Have it both ways with this Spinach and Mushroom Frittata (recipe below) and Spinach Salad With Orange-Ginger Dressing (recipe on opposite page).

## Spinach and Mushroom Frittata

**Total preparation and cooking time: 40 minutes**

1 10-ounce package frozen chopped spinach, thawed and squeezed thoroughly to remove liquid

4 eggs or equivalent egg substitute

1 cup part-skim ricotta cheese

$\frac{3}{4}$  cup freshly grated Parmesan cheese

$\frac{3}{4}$  cup chopped portobello mushrooms

$\frac{1}{2}$  cup finely chopped scallions with some green tops (about 4 large)

$\frac{1}{4}$  tsp. dried Italian seasonings

Salt and pepper, to taste

Preheat oven to 375 degrees. In a large bowl, whisk together all ingredients until well mixed. Spray a 9-inch pie plate with cooking spray and fill with the spinach mixture. Bake for 30 minutes, or until browned and set. Let cool for 20 minutes, cut in wedges and serve.

► **Serves:** 6.

► **Per serving with eggs:** 178 calories, 6g carbohydrates, 10g fat (5g saturated), 15.5g protein, 1.3g fiber, 358mg sodium.

**With egg substitute:** 148 calories, 7g fat (4g saturated), 382mg sodium, other values the same.

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