SPINACH FRITTATA

- 48g Spinach
- 24g Mushrooms
- 23g Potatoes – boiled
- 24g Olive oil
- 100g Eggs
- 8g Double Cream
- 13g Mature cheddar cheese
- 10g Ham

You will also need a little seasoning.

Chop the mushrooms, the spinach leaves (ready washed), potato and ham.
Finely grate the cheese.
Whisk together the egg and cream with a little seasoning.
Heat a frying pan with the olive oil and fry the mushrooms for one minute, then add the potato, ham and spinach, cook until the spinach wilts down, it seems like a lot but it reduces very quickly.
Stir in the egg mixture and cheese.
Cook for a few minutes then place under a hot grill just to finish cooking the top.
Slide gently on to a serving plate.

Mo’s tip: This is a substantial meal.
Before weighing the spinach, discard any thick stalks.

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.
This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION