BUTTERNUT SQUASH, SPINACH AND FETA FRITTATA

Tip: Butternut squash can be difficult to peel. To make the task easier, first cut the squash in half crosswise, to create two flat surfaces. Place each squash half on its flat surface and use a sharp utility knife to remove the tough peel.

1 butternut squash, peeled and cubed (4 to 5 cups/1 to 1.25 L)
1 package (10 oz/300 g) frozen chopped spinach, thawed and drained
1 ½ cups cubed peeled potatoes
¾ cup thinly sliced red onion
8 eggs
½ cup 1% milk
Freshly ground black pepper
1 cup shredded Cheddar cheese
½ cup crumbled feta cheese
13- by 9-inch (33 by 23 cm) glass baking dish, lightly greased

1. Preheat oven to 400°F (200°C)
2. Place cubed squash in a large microwave-safe bowl and cover with plastic wrap, leaving a corner open to vent. Microwave on High for about 5 minutes or until fork-tender. Drain off excess liquid. Gently stir in spinach, potatoes and red onion. Spread in prepared baking dish.
3. In a bowl, whisk together eggs and milk. Season to taste with pepper. Pour over vegetables and stir gently to distribute. Sprinkle evenly with Cheddar and feta.
4. Bake in preheated oven for 35 to 40 minutes or until eggs are set.
5. Serve with a green salad or a steamed green vegetable such as peas, beans or edamame. To boost the protein in this meal, sprinkle the salad or vegetable with toasted nuts or seeds.
6. Makes 12 servings

Nutritional Information per serving

Calories	151
Fat	8.0 g
Carbohydrate	12 g
Saturated Fat	4.1 g
Protein	9 g
Fiber	2 g (8% DV)
Sodium	192 mg (8% DV)
Calcium	177 mg (16% DV)
Iron	1.2 mg (9% DV)

Taken from: Cook! Dietitians of Canada. 2011. Published by Robert Rose Inc.