

# Sausage, Spinach & Mushroom Frittata

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Cooking With Carolyn

## Ingredients

Yield: 4 to 6 Servings

8 Ounces Sausage, your choice of breakfast or Italian sausage, pork, turkey or beef  
1 to 2 Tablespoons Butter  
1 Whole Medium Shallot, finely chopped  
1 Clove Garlic, finely minced  
½ Cup Crimini Mushrooms, chopped  
½ Packed Cup Fresh Spinach, chopped  
8 Extra Large Eggs  
2 Extra Large Egg Whites  
1/3 Cup Half & Half  
1/3 Cup Cheese, grated, your choice  
2 Tablespoons Fresh Chives, finely chopped  
½ Teaspoon Grand Diamond All Purpose Seasoning  
To Taste Kosher Salt  
To Taste Black Pepper

## Directions

Preheat oven to 375 degrees. Chop and prepare all of the other ingredients prior to beginning the cooking process.

Using a 10 inch, nonstick, oven safe skillet preheated over medium-high heat, cook the sausage for about 8 to 10 minutes. Once done, remove the sausage from the skillet with a slotted spoon and set aside, and depending on how much render fat is in the skillet, add 1 to 2 tablespoons of butter to the skillet (you will need at least 2 Tablespoons of oil/butter total). Next add the shallots and garlic and sauté for about 2 to 3 minutes. Then add the mushrooms and spinach and kosher salt and black pepper to taste (or pinch of each). Continue to sauté for 8 to 10 minutes.

Meanwhile, in a large bowl, combine the eggs, egg whites and half & half and whisk well. Add the cheese, chives, sausage, and Grand Diamond Seasoning, salt and pepper to taste. (**Note:** Remember to be aware of the salt content in the sausage so you'll know how much salt to add into the egg mixture, if any.) Whisk well.

Turn the heat down from medium-high to medium and then pour the egg mixture over the spinach and mushrooms. Using a wooden spoon or small spatula, gently stir the eggs for about 2 minutes or until small pieces of cooked egg start to come to the surface. Lastly, place the frittata in the oven and bake for 18 to 20

minutes or until the center is just set and slightly puffy. Once done, use a flexible spatula to loosen the edges of the frittata and then use a firm spatula to remove it from the pan. Cut and serve immediately.