

## PROTEIN PACKED COTTAGE CHEESE FRITTATA

Do you have that craving for a big breakfast but don't want the guilt? Are you looking for the PERFECT mothers day Brunch for your mom (yes... it's coming up... hint hint... May 9<sup>th</sup>)? We have the solution! This protein-packed frittata will start your day off on the right foot and satisfy any of those Sunday morning brunch cravings you may be having!

### Ingredients

- Cooking spray
- 1 link Italian chicken sausage, casings removed
- 8 large eggs
- 1/2 cup 1% cottage cheese, I love Good Culture
- 1/2 cup grated Pecorino Romano or Parmesan cheese
- 1 cup chopped baby spinach
- Sliced cherry tomatoes (1/2 cup)
- 3/4 teaspoon kosher salt
- Freshly ground black pepper

### Directions:

1. Preheat oven to 350 degrees F. Move oven rack to the second highest from the top.
2. Lightly spray a 10-inch oven safe skillet with cooking spray.
3. In a medium bowl, whisk eggs, cottage cheese, Pecorino, spinach, salt and pepper. Set aside.
4. Add sausage and tomatoes to a skillet, breaking sausage up in small pieces with a wooden spoon over medium heat and cook, until browned and cooked through, about 4 minutes.
5. Add the egg mixture to skillet and cook 1 minute to let the bottom set.
6. Bake in the oven until the top is set, about 16 to 18 minutes.
7. With a spatula, carefully slide frittata out of the skillet onto a cutting board and cut into 4 wedges.

