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FRITTATA (Italian egg dish)

1 beefsteak tomato
1 clove garlic, minced
8 eggs, beaten
1 c. spaghetti (or noodle of choice)
1 c. sharp cheddar cheese
1 c. mozzarella cheese
3/4 c. fresh steamed spinach
1/2 t. Italian seasoning
Dash salt
Dash pepper

Spray 9" deep dish ceramic pie pan with Pam.
Add garlic, pasta and sharp cheddar cheese to egg mixture.
Pour mixture into pie pan.
Dollop spinach on top of egg mixture.
Lay sliced tomato on top of egg mixture.
Add 1/2" slices of mozzarella cheese on top of tomatoes.
Sprinkle 1/2 c. cheddar cheese on top.
Salt and pepper to taste.

Bake 350° for 40-45 minutes, or until set when shaken.

You may add 1 c. any type of cooked meat to this dish.