Ingredients

• Cooking spray
• 4 large eggs
• 4 large egg whites
• 1/3 cup low-fat milk
• 1/2 teaspoon dried oregano (crumbled)
• 1/4 teaspoon salt
• 1/4 teaspoon pepper
• 10 ounces frozen chopped spinach, thawed, drained, and squeezed until very dry
• 1/2 cup bottled roasted red bell peppers, drained, patted dry, and chopped
• 3 ounces soft goat cheese, crumbled
• 2 small thinly sliced green onions

Directions

• Lightly spray the slow cooker with cooking spray.
• In a large bowl, whisk together the eggs, egg whites, milk, oregano, salt, and pepper. Stir in the remaining ingredients. Pour into the slow cooker.
• Cook, covered, on low for 2 1/2 to 3 hours, or until set (the frittata doesn't jiggle when the slow cooker is gently shaken). Using a wide spatula, gently lift the frittata out of the slow cooker. Transfer to a cutting board. Let stand for 5 minutes before slicing.

Cooking Tip: Don’t be alarmed by the liquid in the slow cooker when the frittata is done—and don’t drain it off. By letting it stand, you give the liquid time to absorb into the frittata, preserving its moisture and flavor.

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