Spinach and Pancetta Frittata

loosely based on the last frittata
printed from Smells Like Food in Here

1 tbsp olive oil
1/2 diced onion
3 oz diced pancetta
3 oz spinach
1/2 c shredded cheddar
5 eggs, beaten

Preheat oven to broil.

Heat oil over medium until hot; add onions and sauté until softened and beginning to brown.

Add pancetta and cook until pancetta is warmed about 2 minutes.

Add spinach and toss until wilted, about 2 minutes.

Pat spinach mixture flat and sprinkle cheese evenly over spinach.

Pour eggs gently over the cheese, tilting the pan to cover completely; cook until bottom and edges are set, about 4 minutes.

Bake in oven until top is puffed, about 4 minutes.

Let stand about 5 minutes before slicing.