

Frittata

Before you begin: Heat oven to 375°.

Ingredients:

12 eggs

2 Tablespoons olive oil

1 bunch leafy greens (kale, chard, spinach),
chopped

1 leek, **thinly sliced**

2 cloves garlic, **minced**

2 Tablespoons milk

3 Tablespoons fresh herbs (thyme,
rosemary, parsley, tarragon), **chopped**

1/2 teaspoon salt

1/2 teaspoon pepper

2 Tablespoons butter

1/2 Cup parmesan cheese, **freshly
grated**, for **garnish**

Directions:

First, **crack** eggs into a large mixing bowl.

Next, **add** milk, herbs, salt and pepper, and **whisk** together.

Next, in a large cast iron skillet, **heat** olive oil and butter over medium heat.
Add greens and **sauté** until **wilted**, about 5 minutes.

Next, **add** garlic and leek, and **sauté** until fragrant, about 1 minute.

Next, **add** egg mixture to pan and **cook** frittata until eggs start to set and top is still runny, about 5 to 6 minutes.

Finally, **transfer** pan to oven and **bake** at 375° for 3 to 5 minutes.
Remove from oven and **garnish** with cheese.

**Tip: Be sure to remove all water from your leafy greens before adding to the egg mixture. Otherwise your frittata will NOT cook!*

 Chef's Choice: Add any seasonal vegetable that you like!