

Garden Frittata

Instructions

1. Preheat the oven to 425 degrees.
2. Warm a 10" cast iron skillet over low-medium heat and grease sufficiently with olive oil or ghee.
3. Sauté the leeks, onion, and garlic in the skillet until the onions are leeks are translucent, about 3 minutes. Add the asparagus and toss the vegetables for 2 minutes until they brighten.
4. Meanwhile, in a separate bowl, whisk together the eggs, cottage cheese, nutmeg, oregano, rosemary, black pepper, smoked paprika, and 1 tbsp of parsley. Add the grated Parmesan and stir to combine.
5. Pour the egg mixture over the vegetables in the skillet and cook for 4 minutes. Avoid stirring, instead, draw a heat-proof spatula across the bottom of the skillet in four long, deliberate strokes, pushing the cooked eggs toward the center and allowing the rest of the mixture to run underneath—this helps to prevent scorching on the bottom of the frittata.
6. Remove the skillet from the heat, the eggs should still be runny in the center and barely set around the edges. Over the top, sprinkle with crumbled feta and dot with tomatoes as desired.
7. Place the skillet in the oven and bake for 20 minutes until the frittata is puffed and golden-brown along the edges.
8. Carefully remove the skillet from the oven and top with the remaining parsley.
9. Run a spatula around the edge of the skillet to loosen the frittata, then carefully slide it out onto a serving plate. This recipe makes eight servings.

Ingredients

- Olive oil or ghee to grease the skillet
- 1 heaping cup of chopped leeks, about 1-2 stalks (see **Notes**)
- 1 small onion, chopped
- 3 cloves of garlic, smashed and salted (see **Notes**)
- ½ pound of asparagus, about 10 spears, cut into 1" pieces
- 10 large fresh eggs
- ½ cup of cottage cheese or coconut milk
- ¼ tsp of nutmeg
- 2 tsp of fresh oregano, minced
- 2 tsp of rosemary, minced
- ½ tsp of black pepper
- ½ tsp of smoked paprika
- 2 tbsp of parsley, minced, divided
- ½ cup of freshly grated Parmesan cheese
- 1 oz of feta cheese
- 10+ cherry tomatoes, cut in half

Additional Notes

- **To prepare the leeks:** Cut the roots/ends off and remove the darker green tops (you can reserve these to make stock). Be sure to rinse the leeks thoroughly as they can be sandy between each layer. Slice the white/yellow part of the leek in half lengthwise, and again if still large. Finally, chop the pieces widthwise.
 - **Nutrition information:** Leeks are part of the allium family with garlic, onion, and chives. These vegetables are rich in phytonutrients, which operate as antioxidants in the body.
- **To prepare the garlic:** We recommend smashing the garlic rather than using a garlic press. Flattening the garlic by smashing/crushing it will help release beneficial oils. To smash the garlic, simply use the flat side of a large

knife and carefully press down on the garlic on a cutting board until it breaks/flattens. Sprinkle with sea salt, which will absorb into the oils, then chop or slice the garlic.

- **Sauté the vegetables:** Vegetables contain a lot of water, specifically mushrooms and zucchini, and sautéing them before baking allows this water to be released, so you don't end up with a soggy frittata.
- **Make it your own:** One of the beautiful things about frittatas, omelets, and quiches is that they are completely adaptable. Use whatever ingredients you have on hand and take advantage of what vegetables are in season or growing in your garden. You can also use alternate milks or coconut cream and vary the cheese and herb selection to your preferences.

Grocery List

Pantry items

- Olive oil or ghee
- Nutmeg
- Black pepper
- Smoked paprika

Produce

- Leeks
- Onion
- Garlic
- Asparagus
- Fresh oregano
- Rosemary
- Parsley
- Cherry tomatoes

Dairy

- Eggs
- Cottage cheese
- Parmesan cheese
- Feta cheese

Recipe adapted from [Inspired Edibles](#).