

## **Freekeh Frittata**

- 2 zucchini, sliced into thin long spears
- 1 bunch asparagus
- 1 container cherry tomatoes
- 1/4 red onion, thinly sliced
- 1 c freekeh, cooked with a bit of sea salt and black pepper
- 6 small eggs, beaten lightly in a large bowl
- 1 1/2 c cottage cheese
- zest of 1 lemon
- 1/2 t sea salt
- freshly ground black pepper
- 1/3 c each chopped parsley, dill

Lightly brush vegetables with a tablespoon of olive oil, seasoned with a little sea salt and freshly ground black pepper, then grill at 400F for 15-20 minutes.

Preheat the oven to 350F.

Add the cheese, zest, parsley, dill, salt and pepper to the eggs.

Spray a 9x13-inch casserole with a little olive oil. Spread the freekeh on the bottom. Layer on most of the grilled vegetables. Spread the egg mixture over the vegetables, topping the frittata with the remainder of the vegetables.

Bake for 35 minutes, until the top is set. Let cool for 10 minutes before serving. Serves 6. Serve with Jicama Carrot Salad.

## **Jicama Carrot Salad**

- 1 small jicama, peeled, julienned
- 2 large carrots, slivered with a julienne peeler
- 2 scallions, finely sliced
- 1/3 c each chopped dill, parsley

Combine ingredients in a large bowl and toss with Sherry Dijon Vinaigrette. Serves 6.

## **Sherry Dijon Vinaigrette**

- 1 T finely chopped dry shallot
- 2 large garlic cloves, finely chopped
- 2 T sherry vinegar
- 1/2 t sea salt
- 2 t Dijon mustard
- 3 T olive oil

In a small bowl, combine shallots, garlic, vinegar and salt. Add mustard. Slowly add oil while stirring with a fork.

**Jittery Cook**