

## **Julia's Roasted Veggie Frittata**

- a medley of veggies roasted at 420F for 15 minutes with a bit of olive oil, sea salt and black pepper: broccoli, asparagus, eggplant, tomatoes (small ones whole or medium-sized, halved). Roast garlic cloves an extra 5 minutes until golden and softened. (If you make too many veggies, just add them to salads, sandwiches and grain recipes.)
- 8 eggs, lightly beaten
- 6 oz grated sharp Cheddar cheese
- 3 oz goat cheese
- 1 oz grated Parmesan
- 1/2 c chopped parsley
- sea salt and freshly ground black pepper
- 1/4 t oregano
- 1/2 c chopped scallions

Preheat the oven to 400F. Using your pre-roasted veggies, slice one eggplant and 8 large asparagus--reserving three for the top. Cut the well-roasted garlic cloves in half. Cover the bottom of the baking dish with the eggplant, asparagus, broccoli and garlic. Distribute blobs of goat cheese. Sprinkle on the cheddar.

Add the scallions, parsley, oregano, salt and pepper to the beaten eggs in a medium sized bowl. Pour the egg mixture evenly over the veggies. Insert the tomatoes and lay down the three asparagus spears.

Top with the grated parmesan. Roast at 400F for 15 minutes. Serves 4-6.

**Jittery Cook**