

Frittata Frittata Frittata

Mushroom Leek Frittata

1-2 T olive oil
1 onion, diced
3 leeks, halved lengthwise, thinly sliced
1 lb oz mixed mushrooms, sliced (oyster, crimini)
3 c baby arugula
2.5 oz goat cheese, crumbled
6 large eggs
1/2 c Greek yogurt, or 1 c milk
2 scallions, thinly sliced
2 oz grated Pecorino-Reggiano
1/4 c breadcrumbs

sea salt and freshly ground black pepper

In a large pan, over medium-high heat, heat olive oil and sauté leeks and mushrooms, covered, stirring occasionally, for 10 minutes until soft. Add arugula and cook, stirring, a minute more. Season with sea salt and pepper.

In a medium sized bowl, whisk eggs and yogurt, seasoning with sea salt and pepper.

Preheat oven to 350F.

Lightly spray a large casserole dish. Spread leek mixture in casserole. Scatter goat cheese and half the scallions on top. Pour on yogurt-egg mixture. Top with remaining scallions, breadcrumbs and Pecorino-Reggiano.

Bake for 25 minutes or until set, golden and bubbly. Serve with crusty bread and tomato salad. Serves 6-7 as a meal, 10-12 as a side dish.

Asparagus Zucchini Frittata

1-2 T olive oil
1 bunch asparagus
3 small zucchini, sliced into long spears
2 1/2 oz goat cheese, crumbled
1/3 c chopped sun-dried tomatoes
6 large eggs
1/2 c Greek yogurt, or 1 c milk
2 t Dijon mustard
3 scallions, thinly sliced
2 oz grated Pecorino-Reggiano
1/4 c breadcrumbs

sea salt and freshly ground black pepper

Preheat oven to 400F.

Lightly brush asparagus and zucchini with olive oil and sprinkle with a little sea salt. Roast for 15 minutes. Put aside 4 asparagus to use as garnish.

In a medium sized bowl, whisk eggs, yogurt, mustard and seasoning with sea salt and pepper.

Preheat oven to 350F.

Lightly spray a large casserole dish and lay down asparagus and zucchini, then sprinkle on sun-dried tomatoes, goat cheese and half the scallions. Pour egg mixture. Top with remaining scallions, breadcrumbs and Pecorino-Reggiano.

Bake for 25 minutes or until set, golden and bubbly. Garnish with reserved asparagus, sliced lengthwise. Serve with crusty bread and tomato salad. Serves 6-7 as a meal, 10-12 as a side dish.

Roasted Tomato Frittata

- 1 T olive oil
- 1/2 small onion, finely chopped
- 2 garlic cloves, minced
- 12-14 small tomatoes, halved
- 1/4 t each dried basil, dried thyme
- sea salt and freshly ground black pepper
- 5 eggs
- 1/2 c Greek yogurt
- 2 oz goat cheese, crumbled
- 1 oz Pecorino-Reggiano, grated, divided

Preheat oven to 400F.

In a baking pan, roast tomatoes, lightly brushed with olive oil and sea salt for 15 minutes. Allow tomatoes to cool.

In an ovenproof pan, heat oil over medium-low heat, then add onion. Cook, stirring, for 2 minutes. Add a pinch of salt and continue to cook, stirring for 2 more minutes. Add garlic and cook, stirring, for 30 seconds. Add basil and thyme and cook, stirring, for a minute. Remove from the heat and allow onion mixture to cool in the pan.

Preheat the oven to 350F.

Reserve 2 teaspoons of Pecorino-Reggiano to sprinkle on top before baking.

In a large bowl, beat the eggs, yogurt, Pecorino-Reggiano, goat cheese, salt and pepper. Add the onion mixture. Pour the egg mixture into the cooled, but unwashed, ovenproof pan. Place the tomatoes in as pictured. Sprinkle on a little Pecorino-Reggiano.

Bake for 25 minutes, until bubbly and set. Wait 5 minutes before serving. Serves 6. Delicious layered on crispy toast.

Jittery Cook