

# Farmer's Market Frittata

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## **From Katie & Emy**

*Emy and I have started making frittatas whenever we need a quick dinner or/and have a surplus of languishing produce. Both factors are usually in play on Friday nights, when both energy and fresh groceries are dangerously low. But its four portions are perfect for dinner on Friday and reheated leftovers make for a post Farmer's Market brunch on Saturday. The veggie, dairy, and cheese combinations are endless here. But be aware of the moisture content, as that can prevent the frittata from setting. An overzealous attempt to use up a lot of tomatoes taught us that lesson the hard way... Leafy greens— like collards, spinach, and kale—shine here, as do onions, peppers, and mushrooms. Leftover meat or browned sausage would also be a delight! The options are endless. Serve with toast or potatoes.*

## **INGREDIENTS**

6-10 eggs, whatever you have to use up

1-2 onions

Head of leafy greens cut into strips

Truly any sort of veggie you have leftover - *Diced peppers, broccoli in small chunks, asparagus, mushrooms, etc.*

Big glug of whole milk, half and half, dollop of sour cream, or all three!

Anywhere from ¼ to ½ cup of shredded cheese, we often have a mix of parmesan and cheddar in the house

Salt and pepper

Red pepper flake

## **DIRECTIONS**

1. Preheat the oven to 400 degrees.
2. Meanwhile, heat a cast iron skillet over medium heat. Melt butter and oil and sauté veggies. *Sauté the things that take longer first, then add leafy greens near the end and just let wilt for a few minutes.*
3. In a large mixing bowl, combine eggs, dairy, and cheese (reserve a small portion to sprinkle on top). Season with salt, pepper, and any other spices that catch your eye.
4. When veggies are fully cooked, turn off the stove and arrange veggies in a single, even layer in the pan. Pour the egg mixture over the veggies, sprinkle remaining cheese, and transfer to a preheated oven.
5. Bake for about 12 minutes. Cook time will depend on your fillings, but it will be done when the surface is set.