

Spring Vegetable Frittata Recipe Prep

Time:

15 minutes

Cook Time:

20 minutes

Serves: 4–6

Ingredients

- 8 large eggs
 - ¼ cup milk or cream
 - 1 cup asparagus, chopped
 - 1 cup baby spinach
 - ½ cup cherry tomatoes, halved
 - ½ cup crumbled goat cheese or feta
 - 2 tablespoons olive oil
 - Salt and freshly ground black pepper
 - 2 tablespoons fresh chives, parsley, or dill
- Optional additions:
- Shallots
 - Mushrooms
 - Leeks
 - Roasted red peppers
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Instructions Step 1: Prepare the Egg Mixture

In a large bowl, whisk together eggs, milk, salt, pepper, and fresh herbs until fully combined.

Set aside while preparing the vegetables.

Step 2: Sauté the Vegetables

Heat olive oil in an oven-safe skillet over medium heat on your KitchenAid Gas Cooktop.

Add asparagus and sauté for 3–4 minutes until slightly tender. Stir in spinach and cook until wilted. Add cherry tomatoes during the final minute of cooking.

KitchenAid's precise flame control allows the vegetables to soften gently without burning or overcooking.

Step 3: Add Eggs and Cheese

Reduce heat slightly and pour the egg mixture evenly into the skillet. Sprinkle goat cheese or feta across the top.

Allow the edges to begin setting while the center remains slightly loose.

Step 4: Finish Cooking

Depending on your preferred method, you can either:

- Continue cooking gently on low heat with a lid or
- Transfer the skillet to the oven to finish baking until the eggs are set and lightly golden.

The result is a fluffy, creamy frittata filled with vibrant spring flavor.