

Mushroom & Asparagus Frittata Recipe by American Range

Frittata Ingredients

- ½ Cup Chopped Leeks
- ½ Cup Chopped Asparagus
- ½ Cup Chopped Mushrooms
- 1 Clove of Minced Garlic
- 10 Large Eggs
- 1 Cup Goat Feta
- 1 Cup Spinach
- 1 Pinch Italian Parsley

Frittata Recipe

1. Pre-heat oven to 350° Oil a non-stick skillet and put over medium low heat. Add Leeks and let them sweat for a couple minutes. Then Add Asparagus, Mushrooms, and Garlic. Stir until all mixed well then let sit on a low heat.
2. In a large bowl, beat 10 Eggs then mix in Feta. Stir veggies in skillet then add in Spinach. Wait for the Spinach to dehydrate slightly and reduce in size. Be careful not to overcook the Spinach.
3. Stir Veggies one more time, and then add in Eggs. Let sit until edges begin to cook but center is still raw, then place the skillet into the oven.
4. Once it's cooked all the way through, take it out of the oven and serve "Flipped Upside-down" on a plate. Garnish with Parsley.