

## ***Herbed Vegetable and Cheese Frittata***

### **INGREDIENTS**

6 large eggs

1/4 cup snipped or chopped herbs (any combination of basil, chives, dill, and parsley)

3/4 teaspoon kosher salt

1/4 teaspoon black pepper

4 ounces cheese cut in 1/2" cubes, such as Gruyere, cheddar, or feta

1-1/2 cups cooked vegetables – i.e., asparagus, broccoli, peas, or spinach

2-1/2 tablespoons extra virgin olive oil

6 green onions, sliced thinly



Crack the eggs into a mixing bowl and whisk until well-beaten. Stir in the herbs, salt, pepper, cheese, cooked vegetables and green onions.

Preheat oven broiler with the rack in the center of the oven.

Heat 1/2 tablespoon of oil in 10" oven-proof skillet over medium-low heat. Add green onions and heat for about 1 minute (until wilted & dark green). Slide onions into egg mixture, wipe out skillet and place it over medium heat.

When skillet is hot, swirl in the remaining 2 tablespoons of oil. Pour in the egg mixture, distributing the vegetables and cheese evenly, and lower the heat to medium-low. Allow the eggs to set around the edges, about 2 minutes. Use a rubber spatula to lift the sides of the frittata while you tilt the pan slightly to allow some of the uncooked eggs to run underneath.

Continue to cook, repeating the process of lifting the edge and tilting several times until the frittata is mostly set on the edges but still runny on top, about 4 to 5 minutes. Put the skillet on the center rack of the oven and broil until puffy and browned on the edges and set in the center.

If the frittata doesn't slide easily in the pan, use your rubber spatula to scrape it free. Serve hot or warm, cut into wedges.

4 Servings

*Created for the AeroGarden by award-winning chef and author, Jerry Traunfeld*