

Seasonal Eating



Mushroom, Leek and Spinach Frittata

2 tablespoons olive oil
1/2 large leek, cleaned and sliced
8 ounces mushrooms, sliced
1/4 teaspoon kosher salt
1/4 teaspoon black pepper
3 ounces fresh baby spinach
8 eggs
1/3 cup milk
1/2 teaspoon kosher salt
1/2 teaspoon dry mustard
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
1 teaspoon fresh thyme leaves
1/2 cup shredded Monterey Jack cheese
2 tablespoons grated Parmesan cheese
1 tablespoon minced fresh parsley

In an ovenproof 10" skillet, heat the olive oil. Add the leeks, mushrooms salt and pepper and sauté until all of the liquid evaporates and the mushrooms are lightly browned. Add the spinach and cook until wilted and the liquid is cooked out. In a bowl, whisk together the eggs, milk, salt, mustard, garlic powder, pepper and thyme. Stir in the Monterey Jack cheese and pour into the skillet with the vegetables. Place in a 350 degree oven for 15-20 minutes until eggs are just set in the middle. Sprinkle with Parmesan cheese and parsley. Cut into wedges to serve.