



BREAKFAST | PEAK SEASON: Summer

Veggie Frittata

Recipe by: Taylor LaTouche

Yields: 6–8 servings
Prep Time: 15 minutes (plus marinating)
Cook Time: 20–25 minutes

Nutritional Info

Calories: 521 Fat: 49g
Carbs: 4g Sugars: 1.6g
Fiber: 2g Sodium: 197mg
Protein: 17g

Ingredients

Frittata

- - Large eggs: 6
- - Heavy cream: 1/2 cup (Or Oat milk)
- - Fresh baby spinach: 4 cups, roughly chopped
- - Gruyère cheese: 1 cup, grated (optional- substitute as needed)
- - Goat cheese: 4 oz, crumbled
- - Shallot: 1, finely diced
- - Garlic: 2 cloves, minced
- - Olive oil: 2 tbsp
- - Unsalted butter: 2 tbsp
- - Kosher salt: 1/2 tsp
- - Freshly ground black pepper: 1/4 tsp
- - Fresh chives: 2 tbsp, finely chopped

Garnish

- - Micro greens: 1 cup
- - Chive oil: (see below)
- - Edible flowers: (optional, for extra elegance)

Chive Oil

- - Fresh chives: 1/2 cup, chopped
- - Olive oil: 1/2 cup
- - Pinch of salt

Instructions

To make chive oil:

1. Blanch chives in boiling water for 15 seconds, then transfer to ice water.
2. Pat dry and blend with olive oil and a pinch of salt until smooth.
3. Strain through a fine mesh sieve or cheesecloth. Set aside.

Prepare Frittata

1. Preheat oven to 350°F (190°C).
2. Sauté aromatics: In a 10-inch ovenproof nonstick skillet, heat olive oil and butter over medium heat. Add shallot and sauté until translucent, about 2 minutes. Add garlic and cook for 30 seconds more.
3. Wilt spinach: Add chopped spinach and cook, stirring, until just wilted. Remove from heat.
4. Whisk eggs: In a large bowl, whisk eggs, heavy cream, salt, and pepper until well combined.
5. Combine: Stir in Gruyère, half the goat cheese, and chopped chives. Fold in the spinach mixture.
6. Cook frittata: Wipe skillet clean and add a touch more oil if needed. Pour in egg mixture. Cook over medium-low heat until edges begin to set, about 5 minutes.
7. Bake: Sprinkle remaining goat cheese on top. Transfer skillet to oven and bake until the center is just set, 12–15 minutes.
8. Cool and slice: Let rest for 5 minutes before slicing.

Garnish and Serve

- Drizzle chive oil over each slice.
- Top with a small mound of micro greens and, if desired, a few edible flowers for color and elegance.

Additional Info

For Lower sodium, use less olives and capers and replace with roasted red peppers and/or sun dried tomatoes.
Optional: baby greens, arugula, vegan cheese spread, or roasted garlic hummus

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at freshrxok.org/recipes

