

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## **Asparagus, Leek and Spinach Frittata**

Delicious topped with stone-ground mustard, fresh salsa, pesto or tapenade. Have fun making frittatas in every season with whatever fresh (and even frozen) vegetables you have, such as broccoli, tomatoes, Swiss chard, kale, green beans, corn etc.

3-4 servings

1½ tablespoons olive oil

1 tablespoon butter

2 cups sliced leeks (white and pale green parts only)

1 pound thin asparagus, tough ends removed, then cut on the diagonal into 1-inch lengths to equal about 3¼ cups

3/8 teaspoon sea salt, divided

Half a dozen twists freshly ground black pepper

4 cups packed baby spinach

6 large eggs

¼ cup crumbled goat cheese or feta cheese

¼ cup grated Parmesan cheese

Preheat the oven to 350°

Heat a heavy, broiler-proof (i.e., no plastic handles), 12-inch diameter nonstick skillet over medium-high heat. Add the oil, when it's hot, stir in the butter. Once the butter melts, stir in the sliced leek and sauté for about 5 minutes to soften and separate the slices. Stir in the asparagus and sprinkle with 1/8 teaspoon salt and a half dozen grindings of fresh black pepper. Sauté the asparagus until it is just tender, about 6 minutes.

Stir in the baby spinach and sprinkle it with another 1/8 teaspoon of salt. Continue to toss the spinach around with the other veggies until it is slightly wilted. Turn off the heat. Sprinkle the goat or feta cheese evenly over the top of the vegetables.

In a medium bowl, whisk together the eggs with 1/8 teaspoon of salt. Pour the eggs over the vegetables and tilt the pan as necessary so that the eggs evenly cover the bottom of the pan.

Turn the heat to medium and cook the frittata just until the eggs begin to set. Sprinkle the top of the frittata with the grated Parmesan cheese.

Place the pan on the middle shelf in the preheated oven. Bake for 5 minutes. Change the heat setting to high broil and cook the frittata for another 4 minutes until it is puffed and lightly browned.

Let the frittata cool for a couple of minutes then slide a spatula under the frittata and transfer it to a large cutting board or serving platter. Cut into wedges or squares and serve hot, warm or at room temperature—your choice.

Note: As kale takes longer to cook than spinach, chard or asparagus, thinly slice it and either pre-cook it separately, or add it to the pan with the leeks.

