

K's Kitchen: Vegetable-dominated frittata

By Kathryn Reed

One of the best things about a frittata over a quiche is not having to make a crust. That also makes it healthier.

I'm a believer eggs are a good dish for dinner – or lunch. This recipe proves that sentiment to be true.

Many frittata recipes call for cheese and milk. I've left both out. The main reason is that I didn't have either in the house. Secondly, it made this dish healthier. I whipped the eggs until they were frothy; this ensured the eggs would stand up a bit and not be so dense. It worked wonderfully.

Any combo of vegetables will work. Just make sure they are cooked before baking the concoction.

Serving this with a little salsa would be tasty. And, honestly, I thought it was better the next day.



Asparagus-Pepper-Mushroom Frittata

2 T butter

$\frac{1}{2}$ medium red onion, diced

5 cloves garlic, minced

$\frac{1}{2}$ red pepper, chopped

$\frac{1}{2}$ pound asparagus, chopped

4 ounces baby bella mushrooms, chopped

1 T fresh thyme

$1\frac{1}{2}$ T fresh rosemary

$\frac{1}{2}$ tsp kosher salt

Dash hot sauce

8 eggs

Cooking spray

Salsa, optional

Melt butter in sauté pan over medium heat. Add onion and garlic, then pepper and asparagus. Then add mushrooms, herbs, salt and hot sauce. Cook until asparagus is tender. This will not take long.

Coat pie dish with cooking spray. Heat oven to 400 degrees.

Whip eggs until slightly frothy.

Place vegetable mixture in pie plate. Pour whipped eggs over vegetables. As the eggs start to set, with a spatula pull back lightly from sides to allow runny eggs to fill that space. Cook until there is no evidence eggs are runny; at least 10 minutes. Keep an eye on it so it's not over cooked.