

Spring Frittata with Asparagus, Spinach and Cherry Tomatoes

Recipe courtesy of Michael Weinstein, Dread Head Chef, featured Grand Prairie Farmers Market chef.

Yield: Serves 8

6 whole eggs

6 stalks of asparagus, ends removed and cut into 1/2" pieces

10 cherry tomatoes, quartered

1/2 cup of spinach, julienned

2 tablespoons of olive oil

The Frittata: Preheat oven to 400°F. In a medium bowl, beat the eggs and season with salt and pepper. Heat the oil in a large nonstick-ovenproof sauté pan over medium heat. Add the asparagus, sauté for 3 minutes, then add the tomatoes and cook for 2 minutes. Add the eggs and spinach and cook, lifting the edges with a spatula to allow the uncooked eggs to flow to the bottom. Turn down the heat to low, and when the eggs start to set on the bottom, place in the oven. Bake until puffy, golden, and set, 5-8 minutes. Remove from the oven and let cool for two minutes. To remove the frittata, place a plate over the pan, turn the pan upside down, and slowly lift the pan off of the plate.

To serve: Serve once the frittata has cooled just a little. Use a knife to cut the frittata into eight pieces and place on individual plates. Bon Appétit.

Extra Information: You may garnish the frittata with a nice herb salad or mix greens before serving. Simply take some of your favorite herbs or mix greens together in a bowl with some Texas Olive Ranch Olive Oil and a little kosher salt and black pepper. Place on top of the frittata. You may also add cheese to the frittata. Simply add your favorite cheese to the eggs before placing in the oven.