

Asparagus, Spinach & Potato Frittata



A frittata is an egg-based dish that is a mix between a quiche and an omelet. We start this recipe on the stove and finish in the oven for an easy breakfast, brunch, or anytime dish!

YIELD 8 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

8 each	Eggs
1/3 cup	Milk, 1%, low-fat
1/2 cup	Parmesan, grated (1 oz)
1/2 tsp	Oregano, dried
1/2 tsp	Thyme, dried
1/4 tsp	Kosher Salt
To taste	Black Pepper
1 Tbsp	Olive Oil
2 cups	Potatoes, frozen, diced
16 spears	Asparagus, trimmed and peeled, cut into 1-2" pieces (1 cup)
4 cups	Baby Spinach, roughly chopped
1/4 cup	Cheddar Cheese, sharp (2 oz)

CHEF'S NOTES

This recipe is completely customizable. Feel free to add in any variety of vegetables and herbs to suit your tastes. Remember to pre-cook your vegetables before adding the egg mixture so that they don't release extra moisture into the frittata.

Thicker stalks of asparagus can develop a tough exterior. Peeling the asparagus is a great way to ensure a tender bite, without wasting as much of your produce by excess trimming of the ends.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 350°F.
2. In a medium bowl, beat together eggs until just combined. Mix in milk, parmesan, oregano, thyme, salt, and pepper. Set aside.
3. Over medium heat, heat the olive oil in a medium **non-stick** skillet. Once hot, add the potatoes. Stirring occasionally, cook potatoes until tender and starting to brown, about 5 minutes.
4. Add the asparagus and cook for an additional 2-3 minutes. Add the spinach and stir the mixture until spinach is wilted, about 1 to 2 minutes more.
5. Keeping the skillet on the stove, pour the egg mixture over cooked vegetables. Sprinkle with shredded cheddar cheese evenly over the top. Transfer the skillet to the oven and cook until eggs are firm and reach a temperature of 165°F, about 8-10 minutes.
6. Remove from oven and allow to cool slightly before serving.

Nutrition Facts

8 servings per container

Serving size 1/8 wedge (119g)

Amount Per Serving

Calories **170**

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 195mg **65%**

Sodium 230mg **10%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 11g **22%**

Vitamin D 1.2mcg 6%

Calcium 160mg 10%

Iron 2.3mg 15%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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