

Spring Frittata with Broccoli, Spinach, Peas, and Feta

Servings: 6-8

|

Total Time: 45 minutes

Ingredients

1 teaspoon olive oil
2 cups (72 g) broccoli, chopped
(thawed if frozen)
3 cups (90 g) fresh baby spinach
9 large (50 g each) eggs
1/3 cup (80 ml) whole milk
2 scallions, whites, and pale green
parts only, chopped
2 tablespoons chopped flat-leaf
parsley
1/2 cup (75 g) frozen peas
3/4 cup (112 g) crumbled feta
cheese
Kosher salt & black pepper

Directions

Preheat the oven to 350 F. Spray a 9-inch glass pie dish with olive oil spray; set aside.

Heat olive oil in a large skillet over medium heat. Add broccoli and spinach and cook, stirring often, until the spinach has begun to wilt and the broccoli has softened about 5 minutes.

Meanwhile, whisk the eggs, milk, scallions, parsley, and peas in a large bowl; mix in 1/2 cup of the feta. Season with salt and pepper.

Combine the vegetables with the egg mixture and stir until completely combined. Pour the egg mixture into the prepared pie dish, shaking the pan gently to evenly distribute the egg mixture.

Sprinkle the remaining feta over the eggs and transfer the dish to the oven. Bake until golden brown and the center is set, 30 to 35 minutes. Remove the dish from the oven while the middle is still slightly jiggly; it will continue to cook a little after it is pulled from the oven.