



## Recipe Courtesy of FARMS

### Frittata with Greens\*

Serves 2

#### Ingredients:

- 4 eggs
- 1 tablespoon milk
- Salt and pepper
- $\frac{1}{2}$  to  $\frac{3}{4}$  chopped blanched spinach, chard or kale
- 1 garlic clove, minced
- 1 tablespoon, grated parmesan
- 2 teaspoons olive oil

#### Directions:

- Blanch the greens: boil for 1 minute and then dunk in ice water bath for a few minutes. Squeeze out excess moisture and chop greens.
- Beat eggs and milk in a bowl with salt and pepper to taste. Beat in the greens, garlic and parmesan.
- Heat olive oil over medium-high heat in a 8" nonstick pan.
- Pour in the egg mixture and swirl pan to spread the eggs.
- With a rubber spatula, gently lift up the edges of the frittata and let the eggs run underneath. Repeat to create a few layers.
- Turn the heat down low, cover and cook 7-10 min., until frittata is puffed and just about set. Periodically remove the lid and loosen the bottom of the frittata from the pan so it does not burn.
- If it is still runny on top after 7-10 min. slide frittata onto a plate and cover plate with pan. Flip over pan and plate so frittata lands runny side down in pan. Cook for no longer than 1 minute. Allow to cool to room temp, and serve, or chill. Cut into wedges; they pack easily for a meal on the go.

\*Recipe from NY Times Cooking



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