

Spring Vegetable Frittata for Mother

Jacob · 29/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

6

Description

This is a special spring vegetable frittata recipe. It always feels a little wrong to make a frittata with freshly cooked vegetables since the whole point of the dish is to use up leftovers, but seeing as we were making this for a Mother's Day brunch, we'll make an exception. Make sure all your vegetables are tender, hot, and well-seasoned before adding your eggs, and not a lot can go wrong.

Ingredients

- 2 tablespoons olive oil - 1 large leek (white part only)
- chopped - 1 teaspoon salt
- divided
- or as needed - 1 ½ cups (1/2-inch) sliced zucchini - 1 jalapeño pepper
- seeded and diced - 1 ½ cups (1/2-inch) asparagus pieces - 1 cup baby spinach - 1 ½ cups sliced cooked potatoes - 12 large eggs - ½ teaspoon freshly ground black pepper - 1 pinch cayenne pepper - 4 ounces crumbled goat-milk feta cheese

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Heat olive oil in a heavy 10-inch skillet over medium heat. Cook leek in hot oil with a pinch of salt
2. stirring occasionally
3. until leeks soften and start to turn translucent
4. 5 to 6 minutes. Add zucchini and jalapeño; season with a pinch of salt. Cook until zucchini starts to get tender and pale green
5. about 5 minutes. Add asparagus and cook until bright green
6. about 1 minute. Add spinach and another pinch of salt; cook until wilted
7. about 1 minute. Stir in cooked potatoes and heat through
8. about 5 minutes. Crack eggs into a bowl; add salt
9. black pepper
10. and cayenne. Whisk until well combined
11. at least 30 seconds. Pour eggs over vegetables in the skillet over medium heat. Add 3 ounces feta cheese; stir lightly until evenly distributed. Top with remaining 1 ounce feta cheese. Remove from heat. Bake in the preheated oven until eggs are set
12. 12 to 15 minutes. When nearly set
13. turn on the oven broiler. Broil frittata until the top browns
14. 1 to 2 minutes. Cool slightly; serve warm.