



SPRING FORWARD FRITTATA

Submitted by 21 Acres' Chef Shelby Minnick, Honest to Goodness (Serves 12)

Ingredients (All ingredients are available in the 21 Acres Farm Market)

- 12 eggs
- ½ cup yogurt, sour cream or heavy cream (from Cherry Valley Dairy in Duvall, of course!)
- ½ cup broccolini, blanched, roughly chopped
- ½ cup Jerusalem artichokes, peeled, cut into small pieces, boiled until tender
- ½ cup leeks, roughly chopped
- 2 cups stinging nettle, blanched, roughly chopped
- 2 cups mushrooms, cleaned
- 2 tablespoons butter
- salt and pepper to taste
- ½ cup Cherry Valley Dairy cheese – optional

Directions

- Whisk eggs and yogurt together in medium bowl. Season with salt and pepper.
- Heat a small sauté pan, add the mushrooms and 1 tablespoon butter. Sauté until tender. Add the rest of the cooked vegetables to heat through.
- Heat a large cast-iron pan with 1 tablespoon butter. Add the vegetables from sauté pan into cast-iron, shaking the pan to evenly distribute mixture. Pour the egg mixture over the vegetables. Cook the frittata, without stirring, until its edges begin to set, about 5 minutes.
- Sprinkle remaining 1/2 cup cheese (optional) over eggs and transfer skillet to oven. Bake frittata until golden brown and center is set, 25-30 minutes.