



Spring Vegetable + Goat Cheese Frittata

Serves 6

Ingredients:

- 8 eggs
- 2 Tbsp. milk
- 2 Tbsp. olive oil
- 1 cup small red potato, diced
- 1 cup asparagus, diced
- 1 cup baby spinach
- 1 leek, sliced thin
- 2 oz. goat cheese
- Black pepper and sea salt, to taste

Directions:

1. Preheat oven to 400° F.
2. In a skillet heat olive oil over medium heat and saute the potatoes until they are tender, about 5-7 minutes. Then add in the asparagus, spinach, and leeks. Cook for 2 minutes.
3. In a mixing bowl whisk together the eggs and milk.
4. Transfer the vegetables to a cast iron skillet and pour the egg mixture over the vegetables. Top with the goat cheese.
5. Bake for 15-20 minutes. Season with pepper and sea salt.