

# Frittata

*Eggs are back on the menu and they aren't just for breakfast. Cage-free, organically-fed eggs contain smart fats that are good for your brain, and they do not worsen your cholesterol profile—turns out that outdated claim was a myth. A tasty frittata works for any meal, just like an omelet. This one is simple to make and pretty to serve.*

**Prep Time:** 10-15 Minutes **Baking Time:** 15-20 Minutes **Serves:** Two

## Ingredients:

1 Tbsp	Avocado oil
2 cups	Mushrooms, sliced (button or shiitake)
¼ tsp	Sea salt
¼ tsp	Ground black pepper
1 tsp	Dried Italian herbs
1 cup	Artichoke hearts, quartered and drained
4 medium	Green onions, chopped finely
2 cups	Spinach, fresh
1 small	Tomato, diced
6 large	Eggs, organic-fed, cage-free
½ cup	Unsweetened almond milk
1/4 cup	Organic gruyere cheese, grated

## Directions:

Preheat oven to 350°F.

Bring an oven-proof sauté pan to medium-high heat. Add oil, then mushrooms, salt, black pepper, and Italian herbs. Cook stirring occasionally 3-5 minutes, until mushrooms are soft. Add artichoke hearts, green onion, and spinach, reduce heat to medium, and stir occasionally until spinach wilts, another 2 minutes.

Whisk eggs in a bowl, stir in milk. Then stir in mushroom mixture. Pour contents back into the sauté pan, top with cheese, and heat for 1 minute on the stove top so the eggs begin to cook.

## Frittata (cont.)

Transfer pan to the oven. Bake 15-20 minutes; the frittata should have the texture of custard: trembling and barely set, if you cook until the top is firm, it is overcooked. After baking, turn the oven to broil for 2-3 minutes, just enough to lightly brown the top of the frittata. Serve immediately—if left in the pan, the frittata will overcook.

Enjoy,

Steven Masley, MD