



Spinach and Turkey Frittata

Ingredients:

¼ cup olive oil
6 large cloves garlic
1 medium onion, quartered
2 large bunches spinach or Swiss chard, leaves only (settle for 2 10-ounce box frozen chopped spinach, thawed and squeezed dry)
½ cup basil leaves, packed
½ cup parsley, leaves and stems, packed
10 eggs
2 cups dairy-free milk, low-fat OK (soy, rice, almond, oat etc...)
2 cups diced cooked turkey
Salt and pepper to taste
Good pinch nutmeg

Directions:

Preheat oven to 450°F.

Start by selecting a large oven-proof skillet. Heat the oil in the skillet.

In a food processor, mince the garlic and onion using the pulse button, add to the hot oil and sauté just a minute or two.

Coarsely chop the spinach, basil, and parsley in a food processor and add to the skillet. Sauté until all liquids evaporate, just a minute or 2.

In a mixing bowl, beat the eggs with the milk and seasonings and pour slowly and evenly on top of the spinach mixture.

Cook about 5 minutes on a medium flame until the bottom looks firm.

Transfer to the oven and cook another 5 minutes or a little longer until the

top looks barely set.

Cut in wedges and serve hot or at room temperature.

Makes 8 to 10 servings.

!Variations:

Be generous with the veggies you are including and make a short and sweet selection.

Add some freshly grated parmesan.

Sauté other vegetables, about 2 cups: diced zucchini, sliced mushrooms, diced tomatoes, cut-up asparagus, diced red pepper, grated carrots, etc.

Add about 2 cups diced cooked potatoes, frozen corn, small frozen or fresh cauliflower or broccoli florets, diced frozen artichoke hearts, diced cooked or smoked chicken, or diced cooked fish.

Use other seasonings: thyme, rosemary, tarragon, etc