



Asparagus and Bok Choy Frittata

(ADAPTED FROM FOOD & WINE, NO AUTHOR LISTED)



Yield: Makes 4 servings

Ingredients

- 2 tbsp extra virgin olive oil
- 3 thinly sliced green onions/scallions, including green tops
- 1 clove garlic, minced
- 1 small head of bok choy (~¾ lb), cut into 1-inch pieces
- ¾ lb asparagus, tough ends removed and spears cut into 1-inch pieces
- ¾ tsp salt
- 9 eggs
- ¼ teaspoon fresh-ground black pepper

Optional

- 1 teaspoon fresh grated ginger
- 1 teaspoon sesame oil

Instructions

Pre-heat the oven to 325 degrees. In a medium cast-iron or ovenproof nonstick frying pan, heat the olive oil over moderate heat. Add the green onions, ginger (if using), and garlic and cook, stirring, until fragrant (~30 seconds).

Add the bok choy and cook, stirring until the leaves wilt (~2 minutes).

Add the asparagus and ½ teaspoon of salt and continue to cook, stirring occasionally, until veggies are almost tender (~3 minutes).

Evenly distribute the vegetables in the pan and then add the eggs, pepper, and remaining ¼ teaspoon of salt. Cook the frittata, without stirring, until the edges start to set (~2 minutes).

Put frittata in oven and bake until firm (~25 minutes). Drizzle with sesame oil (optional).

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Description

Frittata is a great one-pan meal that can be eaten at breakfast, lunch or dinner! Frittata is essentially a crustless quiche, typically containing a combination of veggies, cheese and/or meat.



Farmers Market Finds

- Eggs
- Green Onions/Scallions
- Bok Choy
- Asparagus (may or may not be locally available)
- Garlic



Grocery Store Grabs

- Olive Oil
- Fresh Ginger Root (optional)
- Sesame Oil (optional)

Biblio Bistro

Biblio Bistro is a fun, quick and dynamic video series featuring local, nutritious and seasonal produce. It's made in partnership with Portage Lake District Library. See how to cook this recipe at pldl.org/biblio-bistro.

Substitutes

- Could eliminate ginger and sesame oil for a more classic egg bake.
- Could use cabbage, broccoli or cauliflower in place of bok choy.
- Could use regular onion in place of green onion.

Pairs with

Frittata pairs well with breakfast sides, like roasted or pan-fried potatoes or a toasted english muffin/bread. A fresh green salad, fresh fruit and sausage/bacon/vegetarian meat alternative would also pair well with this lighter entrée.