

Mushroom Leek Frittata



Serves 4

Ingredients:

- 1 tablespoon extra virgin olive oil
- 6 large eggs
- 1/2 cup unsweetened almond, coconut, or soymilk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 ounces grated asiago cheese
- 2 ounces mushrooms, sliced
- 1 cup sliced leeks

Adapted from TheWanderlustKitchen.com

- 1 tablespoon minced garlic
- 2 tablespoons chopped scallions

Instructions:

1. Preheat oven to 350°F. Place an oven-safe 9-inch skillet on your stovetop. Add the olive oil to the pan and turn the burner to medium-high heat.
2. Meanwhile, crack the eggs into a medium bowl and beat well. Whisk in the milk, salt, pepper, and 2 ounces of the grated cheese.
3. Once the oil is hot, add the sliced mushrooms in a single layer. Cook, turning once, for 90 seconds per side. Add the sliced leeks and sauté for 3 minutes. Add the garlic and sauté for 30 seconds.
4. Pour the egg mixture into the pan and turn off the burner. Carefully transfer the pan to the center rack of your oven. Bake for 15 minutes, until set.
5. Remove the pan from the oven and top with the remaining 2 ounces of cheese. Run a spatula around the inside edge of the pan to loosen the frittata. Tilt the pan and use the spatula to tip the frittata out onto a flat surface. Serve garnished with scallions.

Nutrition per serving: Calories 307; Total Fat 22.9 g; Saturated Fat 9.8 g; Monounsaturated Fat 8.8 g; Polyunsaturated Fat 2.2 g; Total Carbohydrates 6.9 g; Dietary Fiber 1.0 g; Sugar Alcohols 0.2 g; Sugars 3.2 g; Protein 18.3 g; Sodium 713 mg