

Baked Mushroom Leek Frittata

INGREDIENTS

- 2 tsp olive oil
- 1 medium leek, white and light green parts only, cut in half lengthwise and thinly sliced
- 8 oz sliced mushrooms (any type)
- 1 T water
- 1 clove garlic, minced
- 1 T chopped fresh thyme
- ½ tsp kosher salt, divided
- Freshly ground pepper, to taste
- 6 large eggs
- 1 cup evaporated skim milk
- 1 cup (4 oz) shredded Parmesan cheese, divided

DIRECTIONS

1. Preheat oven to 375° F. Spray a 9-inch pie dish with cooking spray and set aside.
2. Heat oil in a large skillet over medium-high heat. Add leeks and sauté three minutes, until softened. Add mushrooms and sauté five to six minutes until softened and most water has evaporated. Add 1 T water to deglaze the pan.
3. Stir in garlic, thyme, ¼ tsp salt, and pepper, and cook one minute until fragrant. Remove from heat.
4. In a medium bowl, whisk eggs, evaporated milk, remaining ¼ tsp salt, and pepper.
5. Sprinkle ¾ cup of cheese in bottom of pie dish and top with mushroom and leek mixture. Pour egg mixture on top and sprinkle with remaining ¼ cup cheese.
6. Bake frittata for 30 minutes until top is puffed and golden brown.



Recipe courtesy of Today's Dietitian/Jessica Levinson