

No Fuss Frittata with Beet Greens

Ingredients:

- Greens from one bunch of beets
- 1 clove garlic (optional)
- 1 small onion
- 6 farm fresh eggs
- 1/4 cup milk or half and half
- 1/2 cup grated sharp cheddar cheese or parmesan
- Salt and pepper to taste
- 2 tablespoons olive oil

Directions:

- Preheat oven to 400 degrees
- Thoroughly wash and dry beet greens.
- Chop greens, garlic and onion finely and saute until wilted with olive oil in cast iron skillet.
- Allow moisture to evaporate.
- Beat eggs and milk/cream lightly then pour over greens.
- Allow to cook on medium to low heat until edges start to firm up.
- Sprinkle cheese on top and transfer skillet to oven.
- Bake for 10-15 minutes until the eggs have set and puffed up and the color is slightly golden brown.

- Serve warm straight from the skillet.

You can save energy and make these two dishes together simply by starting the oven off at the higher temperature and turning it down once the frittata is made, leaving the beets to roast. Check for doneness after 50 minutes then continue cooking accordingly.