



BLUE ZONES PROJECT

by sharecare

RECIPES



BROUGHT TO CORRY BY:





Farm Fresh Frittata

CHECK OUT YOUR LOCAL FARMERS' MARKET TO PICK UP ALL FRESH INGREDIENTS YOU'LL NEED TO MAKE THIS COLORFUL AND DELICIOUS DISH.

Ingredients

- 1 bunch Asparagus
- 1lb. Baby Spinach
- 8oz. Baby Bella Mushrooms
- 1 Yellow Bell Pepper
- 1 Small Carton of Grape Tomatoes
- 2-32 ounce cartons of Liquid Egg Whites
- 4 Large Eggs

Directions

Start by preparing your vegetables for the dish. Wash all produce. Cut asparagus diagonally into 1/2 inch pieces. Tear spinach into smaller pieces and cut up your pepper and tomatoes. Preheat an iron skillet prepared with olive oil. Add asparagus and any other "firm" vegetables you decide to add. Once those veggies begin to soften, add all other vegetables and cook for 3-5 minutes until all are starting to soften. Whisk together the egg whites and eggs, add the cheese and spinach. Pour egg mixture over the cooked vegetables. Bake uncovered in a 425 degree preheated oven until the center is set and not jiggly, about 10-15 minutes. This mixture is enough to make 2 pan-size frittatas.