

Potato and Green Onion Frittata

Recipe from Tilth Alliance

Makes 8 servings

Ingredients

Butter or cooking spray for baking dish
4 medium potatoes
6 green onions
2 tablespoons fresh herbs (such as parsley, oregano, or basil)
8 eggs
1/2 cup milk
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup parmesan cheese (optional)



Photo credit: The Petite Cook website

Instructions

Preheat oven to 350°F. Grease a 9-inch round baking dish with butter or cooking spray.

Clean potatoes, peel if desired, and cut into 1/4-inch cubes. Place in saucepan and cover with 1 inch of cold water. Bring to a boil and lower heat to simmer for 5-7 minutes until potatoes are tender but not falling apart. Drain and let cool slightly.

Thinly slice the green onions and finely chop the fresh herbs. In a medium bowl, whisk eggs, milk, salt, and pepper. Stir in green onions and herbs.

Spread potatoes evenly in bottom of greased baking dish. Pour egg mixture over potatoes. Sprinkle parmesan cheese on top (if using).

Bake until golden and set, about 45-50 minutes. Allow to cool for 5 minutes before cutting.

Notes:

- Make this dairy free by using dairy-free milk and cheese alternatives.
- Leftovers reheat well, and frittata squares make a good sandwich filling!
- Try adding greens, such as spinach or kale, by chopping fine and spreading over potatoes before adding egg mixture.