

Harvest Frittata

Serves: 4 Print

Ingredients:

- 1 tbsp unsalted butter
- ½ small red onion, sliced
- 2 cups fresh spinach, roughly chopped or torn
- ½ cup ham, diced
- 1 apple, diced (I used gala)
- 8 eggs
- ¼ cup 2% milk (or milk of your choice)
- 1/8 cup heavy cream
- ½ tsp salt, plus more to taste
- ¼ tsp pepper, plus more to taste
- 1 tbsp fresh thyme, chopped
- ½ cup cheddar, shredded
- 2 oz crumbled goat cheese

Directions:

1. Preheat oven to 400 degrees. In a medium bowl, whisk eggs, milk, heavy cream, thyme, ½ tsp salt, and ¼ pepper together. Stir in shredded cheddar cheese. Set aside.
2. Heat 1 tbsp butter in a large oven safe skillet over medium high heat. Add onions, spinach, and a pinch of salt and pepper. Saute until spinach has wilted, about 2 mins. Add ham and apple, and saute until apple starts to soften, about 5 mins.
3. Pour egg mix in to skillet over vegetables. Use a spatula to move the veggies and ham around so everything is evenly distributed and egg has a chance to touch the bottom of the pan. Top with crumbled goat cheese. Let set for 2 minutes. Remove from heat and transfer to oven. Bake for 10-12 mins until golden brown around the edges and a knife inserted in the center comes out clean. Serve.

Recipe notes:

*Reserve a few thin slices of apple and red onion to make your frittata extra pretty. While the eggs are setting on the stovetop, arrange the apple slices, red onion, and crumbled goat cheese in a nice pattern on top before putting the frittata in the oven.

*Since the apple is diced and cooked, it's not necessary to peel the apple first. You can't even tell the skin is there, but you're getting all of the extra nutrients!

*If you don't have fresh herbs on hand, you can substitute 1 tsp each of dried thyme.