



Asparagus, Leek, and Goat Cheese Frittata

Servings: 0

From Detoxinista. Made this with onions, asparagus and bok choy. It was very good. I used my large skillet and used 15 eggs. Baked at 375 for around 30 minutes, don't remember exactly. Just kept checking it. I thought it had really good flavor. Different from my typical frittata.

Ingredients

Butter, for greasing the pan
1/2 bunch asparagus, cut into 1-inch pieces (about 1 heaping cup)
1 cup thinly sliced leeks, both white and green parts
6 whole eggs, beaten
2 oz chèvre (soft goat cheese)
Sea salt and pepper

Directions

Preheat the oven to 400F and generously grease an oven-safe skillet with butter. Heat the skillet over medium heat, then saute the asparagus for 5 minutes. Add in the leeks and saute until the vegetables are tender, about 10 more minutes.

Season with sea salt and pepper and pour the beaten eggs over the top, using a fork to make sure the vegetables are completely covered. Crumble the goat cheese evenly across the top, then place the skillet in the oven to bake until the top is lightly golden, about 10 minutes.

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