



# Garden Vegetable Frittata

Servings: **6 servings**

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## Ingredients

1 pound asparagus  
6 oz button mushrooms  
1 tbs olive oil  
1 clove garlic  
1 shallot  
1 small or 1/2 large zucchini  
6 large  
1/3 cup 1% milk  
1 tsp salt  
1/4 tsp freshly ground black pepper  
dash nutmeg  
1 tbs chopped chives  
1/4 cup freshly grated Parmesan cheese  
2 medium or 1 large tomato

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## Directions

Preheat the oven to 350 degrees.

Wash and trim asparagus and cut into 1-inch long pieces. Blanch asparagus in boiling water for 1-2 minutes and immediately shock in ice water. Drain and dry asparagus, set aside.

Clean and slice mushrooms. In a skillet, heat olive oil and saute the mushrooms over medium heat for about ten minutes. While they cook, grate or finely mince the garlic and shallots. Add the garlic and shallots to the mushrooms and continue to cook for about two minutes more. Remove the mushroom mixture from the heat and set aside.

Cut the zucchini in half lengthwise and slice into thin, half-moon shapes.

In a large bowl, beat together eggs, milk, salt, pepper, nutmeg, and chives. Add asparagus, mushroom mixture and zucchini.

Lightly spray a 2 quart baking dish with cooking spray. Pour the egg and vegetable mixture into the dish.

Thinly slice tomatoes and arrange on top of the egg mixture. Sprinkle Parmesan cheese over the top and bake in the oven until set, about 30-35 minutes. If desired, place under the broiler for 2-3 minutes to brown to top.

Allow the frittata to cool before serving.

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