

ANIMAL, VEGETABLE, MIRACLE

A Year of Food Life

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VEGGIE FRITTATA

Olive oil for pan

8 Eggs

½ cup milk

Preheat oven to “broil”

Beat eggs and milk together, then pour into oiled, oven-proof skillet over medium heat

Chopped kale, broccoli, asparagus or spinach –depending on the season

Salt and pepper to taste

Feta or other cheese (optional)

Promptly add vegetables and stir evenly into egg mixture. At this point you can also add feta or other cheeses. Cook on low without stirring until eggs are mostly set, then transfer to oven and broil 2-4 minutes, until lightly golden on top. Cool to set before serving.

