

Spinach and Feta Frittata

Ingredients

1 medium shallot
3 ounces feta cheese, crumbles
1/2 ounce Parmesan cheese, grated
8 large eggs
1/3 cup whole milk
pinch Diamond Crystal salt
freshly ground black pepper
2 tablespoons olive oil
5 ounces baby spinach (about 5 packed cups)

Method

Preheat the oven. Arrange a rack in the top third of the oven and heat the oven to 350°F.

Dice the shallot. Place 8 large eggs in a large bowl and whisk until blended. Add milk, feta, Diamond Crystal salt and freshly ground black pepper. Whisk to combine.

Sauté the shallot and spinach. Heat 2 tablespoons of olive oil in a 10-inch cast iron or oven-safe nonstick skillet over medium heat until shimmering. Add the shallot and sauté until softened, about 3 minutes. Add 5 ounces baby spinach a handful at a time, and sauté until just wilted, about 2 minutes.

Pour in the egg mixture. Spread the vegetables into an even layer, then pour the egg mixture over the top. Tilt the pan to make sure the eggs settle evenly over all the vegetables. Sprinkle with the Parmesan. Cook

undisturbed until the eggs at the edges of the pan begin to set, about 2 minutes.

Bake the frittata. Transfer the skillet to the oven and bake until the eggs are just set, 18 to 20 minutes. To check, cut a small slit in the center of the frittata. If raw eggs run into the cut, bake for another minute or two. If not, then the eggs are set.

Let cool in the pan for 5 minutes, then slice into wedges and serve warm or at room temperature.