

Sweet Potato and Spinach Frittata

Ingredients

- 6 eggs, lightly beaten
- 1 ¼ cups Asiago or Parmesan cheese, shredded, divided
- ¾ cup medium cheddar, shredded
- ¼ cup milk
- 1 tablespoon butter
- 3 cups sweet potatoes, peeled, diced
- 4 cups spinach, coarsely chopped

Procedure

1. Position oven rack 6-inches from broiler. Preheat broiler.
2. In a medium bowl, whisk together eggs, ¾ cup of the Asiago cheese, cheddar cheese, and milk.
3. In a 12-inch non-stick oven-proof skillet over medium heat, melt butter; add sweet potatoes. Cover and cook for 5-6 minutes, stirring occasionally, or until sweet potatoes are almost tender.
4. Add spinach and cook, uncovered for 1-2 minutes or until slightly wilted.
5. Reduce heat to medium-low; pour egg mixture over vegetables; cover and cook for 5-6 minutes or until bubbles are coming through mixture and bottom is golden brown (eggs won't be fully set).
6. Remove cover; sprinkle with remaining ½ cup Asiago cheese.
7. Broil for 1 ½ minutes or until egg is set and cheese is bubbling and slightly browned.
8. Let stand for 5 minutes; run spatula around outside edge of skillet to release frittata. Slice and serve immediately.