

Garden to Table: Asparagus Leek Frittata



You've caved in to your inner city farmer and cooped up eight chickens in your yard. You're delighted – but increasingly overwhelmed – by their prolific egg production. To the rescue are my best culinary friends: Mark Bittman's "How to Cook Everything Vegetarian", "Simply in Season" by Mary Beth Lind and Cathleen Hockman-Wert, and Barbara Kingsolver's "Animal, Vegetable, Miracle". Among these deliciously practical pages are recipes greedy for fresh eggs: bread puddings, egg salads, vegetable bakes, crepes, custards, quiches, and cakes. Pair them with the

fruits and vegetables of the season.

A certain egg-centric holiday may tempt you to hard boil your backyard bounty, but eggs should be at least two weeks old for easiest peeling. To determine how old eggs are, immerse them in cool water. The freshest eggs sink, resting horizontally, while the larger ends of one-to-two week old eggs tilt upward. If they float, they're too old; toss 'em!

For a quick, simple, but endlessly flexible dish to dispatch your fresh egg glut, whip up this veggie frittata to celebrate the flavors of spring.

Asparagus Leek Frittata

1 teaspoon olive oil

8 fresh eggs, washed

salt and pepper to taste

½ cup milk

1 tablespoon fresh oregano, chopped

1 cup roasted or steamed asparagus, chopped into bite-sized pieces

½ cup leeks, chopped and cooked

¾ cup fresh feta cheese

Heat olive oil in large, oven-proof skillet on low. Beat eggs with milk, salt, pepper, and oregano. Pour into hot skillet and stir in asparagus and leeks. Sprinkle in feta. Preheat oven to "broil." Allow mixture to cook undisturbed on low until eggs are barely set, 5 to 10 minutes. Transfer to oven and broil 3-5 minutes, or until lightly golden on top. Serve warm or at room temperature with salad and bread.

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