

Recipe

Dandelion Greens Italian Frittata

Ingredients

1 bunch of dandelion greens—cleaned and chopped

1 chopped green onion

2 sliced shallots

¼ cup of extra virgin olive oil

1 cup of whole-milk ricotta ½

2/3 cup of grated parmigiano or pecorino cheese

2 tablespoons of chopped flat-leaf Italian parsley

8 extra large eggs

1 teaspoon of salt & pepper

Directions

- Pre-heat your oven to 350F
- Crack your whole eggs into a large mixing bowl.
- Stir in the ricotta, grated cheese, and salt/ pepper—mixing until evenly blended.
- Heat a non-stick skillet over medium heat with half of the olive oil.
- Sauté the shallots, dandelion greens and green onions for 3 minutes. Cook until the greens begin to wilt, and the shallots just start to brown around the edges.
- Allow the cooked greens to cool to room temperature.
- Fold the green vegetables (and olive oil in the pan) into the egg-cheese mixture—stirring with a wooden spoon until evenly mixed in.
- Grease a ceramic or glass pie dish with the rest of the olive oil.
- Bake for 30-35 minutes—or, until the eggs set and it's golden-brown up top.



Chef Chris Atwood's Notes:

*Easter in Italy is a “**banchetto**” (banquet) of rich foods—including eggs and cheese. But, Italians love to lighten up their Easter foods with bright green vegetables and spring herbs. This frittata honors the arrival of spring by incorporating in dandelion greens. They’re lightly bitter and best in spring. The addition of ricotta creates a pillowy texture that further lightens the dish. Meat-eaters may want to mix in chopped salami or cubed pancetta before baking!*

