



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Broccoli**

Broccoli Frittata

Ingredients:

1 small head of broccoli, roughly chopped
10 large eggs
2 Tbs Parmigiano Reggiano, plus more for serving
salt and pepper
2 Tbs oil
½ cup red onion, thinly sliced
1 Tbs garlic, minced
½ tsp dried herbs
1 lemon, quartered

Directions:

Preheat oven to 300° F. In a mixing bowl, whisk the eggs, parmigiano reggiano, and a few dashes of salt and pepper, set aside.

Over medium heat, add 2 tablespoons of oil to an oven safe pan. Spray the walls of the pan with nonstick cooking spray. Add onion and broccoli, sauté until the onion is transparent and broccoli is slightly tender. Add the garlic and dried herbs. Sauté until garlic is fragrant. Stir in the egg mixture.

Transfer the pan to the preheated oven and let the frittata cook until the eggs are just set. Should be about 25 to 30 minutes. Remove the pan from the oven, turning the frittata out onto a serving plate. Sprinkle with extra Parmigiano Reggiano to taste. Serve with lemon wedges. Sprinkle with more salt and pepper if needed.