

Spinach and Scape Frittata

Ingredients

3 Tbsp. olive oil
10 eggs
1 cup (1/2 lb.) chopped raw spinach
1/2 c. grated Parmesan cheese
1 Tbsp. chopped parsley or basil
1/2 c. finely chopped garlic scapes
salt and pepper to taste

Directions

Preheat oven to 350°.
In a large bowl mix all ingredients except oil and scapes.
Heat oil in a skillet on the stove.
Add the scapes and saute until tender on medium heat for about five minutes.
Pour egg mixture in skillet with garlic and cook over low heat for three minutes.
Place in oven and bake uncovered for 10 minutes or until top is set.
Cut into wedges and serve.