# **INGREDIENTS**

2 cups Raw beet greens – washed and chopped (leaves and stems)

2 tsp Olive oil

1 clove Garlic minced

½ - 1 cup Mushroom stems – cleaned and chopped

4 large Eggs

2 Tbs Milk

¼ cup Shredded cheese (swiss or cheddar) - optional

 Kosher salt and pepper

# **DIRECTIONS**

1. Adjust a rack in the oven approximately 6 inches from the top element. Turn on the oven to broil.
2. In an oven-proof 8-10 inch skillet, heat 1 tsp olive oil. Add beet greens and sauté until wilted. Add minced garlic, mushrooms, and a pinch of salt and pepper, and cook for 1-2 minutes until mushrooms are softened.
3. While the greens and mushrooms are cooking, whisk eggs, milk, and a pinch of salt and pepper in a bowl. Add the egg mixture to the beet greens and mushrooms. With a spatula, mix the egg mixture until it begins to set on the bottom of the pan. Stop mixing and allow the mixture to cook 1-2 minutes more until it sets on the bottom but is still slightly runny on top.
4. Sprinkle the top of the egg mixture with the shredded cheese if using. Place the skillet in the preheated oven for approximately 3-5 minutes until the top puffs up and browns slightly. Note this can happen very quickly. Watch the frittata as it cooks to make sure it does not burn.
5. Using an oven mitt, remove the skillet from the oven and let sit for 5 minutes. Slide frittata onto a cutting board and cut into wedges.

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