

Frittata with Broccoli Rabe (or Asparagus) and Sheep Cheese

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www.janetfletcher.com

This recipe, from [Wine Country Table](#), calls for broccoli rabe but it's asparagus season. Feel free to substitute $\frac{3}{4}$ pound fresh asparagus for the broccoli rabe. Parboil the spears briefly first, then slice, reserving a few whole skinny spears for the top.

The nice thing about a frittata is that it works for breakfast, brunch or lunch. Any sheep's-milk cheese that's firm enough to grate will work.

Serve with a tuft of lightly dressed salad greens, if you like. Slice any leftover frittata and tuck inside a baguette with some soft lettuce and a swipe of mayonnaise.

Ingredients

- $\frac{3}{4}$ pound broccoli rabe, tough stems trimmed
- 6 large eggs, beaten
- $\frac{1}{2}$ cup grated aged sheep's milk cheese, such as Manchego, Ewereka or pecorino romano
- 1 teaspoon kosher or sea salt
- Freshly ground black pepper
- 2 tablespoons extra virgin olive oil

Directions

Preheat the oven to 400°F.

Bring a large pot of salted water to a boil over high heat. Add the broccoli rabe and boil until just tender, 2 to 3 minutes. Drain in a sieve and cool quickly under cold running water. Drain and squeeze well to remove excess moisture. Chop coarsely. Measure out 1- $\frac{1}{2}$ cups of chopped broccoli rabe and reserve the remainder for another use.

In a large bowl, whisk together eggs, cheese, salt, and several grinds of black pepper. Stir in the broccoli rabe.

Heat a 10-inch nonstick skillet over medium heat. Add the olive oil. When the oil is hot, add the egg mixture and use a rubber spatula to spread into an even layer. Reduce the heat to medium-low. Cook without stirring until the frittata is about two-thirds set, 6 to 7 minutes. Transfer to the oven and bake just until the frittata feels firm on top and has puffed slightly, 9 to 10 minutes.

Immediately slide the frittata onto a cutting board or wooden serving board. The frittata should slip out easily, but if not, use a rubber spatula to loosen it. Let cool for 15 minutes, then slice into wedges and serve.

Trimming Tip: Broccoli rabe's thick stems are often more tender than the thin stems. If a stem feels tough or woody, remove it. Otherwise, just trim any dry ends.

Makes one 10-inch frittata, to serve 2 or 3



Photo: Sara Remington