

Garden Vegetable Frittata

Zucchini, Broccoli & Beet Greens with Greek Freak Seasoning

PREP
20 min

COOK
45 min

SERVINGS
4

DIFFICULTY
Easy

SEASON
Summer

INGREDIENTS

US Standard | Metric

EGGS & DAIRY

8 large eggs 8 large eggs
1/2 cup heavy cream (or 120 ml
whole milk)
1 Tbsp Spiceology Greek 9 g, divided
Freak, divided
3/4 tsp kosher salt, divided 3 g, divided
2 Tbsp olive oil 30 ml

FROM THE GARDEN

1 medium zucchini, diced 227 g
(about 8 oz)
1 cup small broccoli florets 113 g
(about 4 oz)
1 bunch beet greens, stems 113 g
& leaves separated (about 4
oz)
1/2 small yellow onion, 70 g
diced
2 cloves garlic, minced 6 g

INSTRUCTIONS

- 1. Preheat & prep.**
Heat the oven to 350°F and oil a 9-inch pie dish or 8x8 baking dish.
- 2. Steam the broccoli.**
Heat olive oil in a 12-inch skillet over medium-high. Add broccoli, beet stems, and 2 Tbsp water. Cover and steam 3 minutes, until bright green.
- 3. Sauté until dry.**
Uncover, add onion and zucchini, and sauté 6–8 minutes until the zucchini browns and the pan is bone-dry. Wet vegetables make a frittata weep.
- 4. Bloom the spice.**
Add garlic and 2 tsp Greek Freak. Cook 45 seconds, until fragrant.
- 5. Wilt the greens.**
Add beet green leaves; toss 1–2 minutes until wilted. Drain, then cool 10 minutes — hot veg will scramble the eggs.
- 6. Whisk the custard.**
Whisk eggs, cream, remaining 1 tsp Greek Freak, and salt 30 seconds until smooth. Don't over- whip, or it will soufflé and collapse.
- 7. Assemble.**
Scatter vegetables in the dish and pour the egg mixture over. Tap the dish to settle everything level.
- 8. Bake.**
Bake 30–35 minutes, until edges are set, the center jiggles as one mass, and internal temp hits 160°F.
- 9. Rest & serve.**
Rest 10 minutes, cut into 4 wedges. Serve warm or at room temperature.

● **LOCAL SOURCING:** Zucchini, broccoli, beet greens, onion, and garlic are grown by Mission Meadows Community Garden.

CHEF C'S TIPS

"The dry-pan test is everything here — tilt the skillet after the zucchini step and check the low edge. If liquid pools, keep cooking. Zucchini is over 90% water, and every drop left behind ends up as a soggy layer under your eggs."

"Pull the frittata at 160°F, not when it just 'looks' done. Egg custard sets between 160–165°F — go past that window and you'll squeeze the moisture right out, trading a clean wedge for a puddle on the plate."

"Our zucchini, broccoli, and beet greens come straight from Mission Meadows Community Garden, picked at peak so they release less water in the pan — that's what gives you a cleaner, more sliceable frittata every time."

NUTRITION FACTS

Per serving (serves 4)

Calories	340	Protein	16 g
Total Fat	27 g	Sat. Fat	11 g
Carbs	9 g	Fiber	3 g
Sodium	580 mg	Sugar	4 g

