



Leek Frittata

Make a large batch and freeze them individually to have quick breakfast throughout the week.

<u>U.S.</u>		<u>Metric</u>
1 lb	Potato, cubed	453 g
2 tsp	Olive Oil	10 mL
1 each	Onion, julienned	1 each
2 each	Leeks, sliced thin	2 each
1/2 tsp	Salt, Kosher	3 g
1/2 tsp	Black Pepper, ground	1.2 g
12 large	Eggs	12 large
1 Tbsp	Chives, chopped	3.6 g
1/4 cup	Goat Cheese, crumbled	56 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 375°F (190°C) and line a muffin tin with 6 liners or spray with oil to prevent sticking.
3. Place potatoes in a pot of cold water and bring to a boil. Continue to boil for two minutes, drain the potatoes and set aside. They should not be fully cooked at this point.
4. In sauté pan heat, the olive oil on medium-low heat. Add onions and leeks, cook until translucent, but not brown. Add the salt and pepper.
5. When the onions and leeks are soft and translucent remove them from the pan and turn the heat up to high. Add in your partially cooked potatoes and sear them to add some color.
6. In a large bowl scramble the eggs, add the potato, leek, chive and goat cheese.
7. Pour the egg mixture into 6 muffin tins, bake at 350F until the egg is no longer runny, about 15 min.

Nutrition Facts**Serving size****1 "muffin"****Servings****6****Calories**

250

Calories from Fat

120

Total Fat

13 g

Saturated Fat

4.5 g

Trans Fat

0 g

Monounsaturated Fat

5 g

Cholesterol

380 mg

Sodium

360 mg

Carbohydrates

17 g

Dietary Fiber

2 g

Sugars

3 g

Protein

16 g

Vitamin A

20 %

Calcium

8 %

Vitamin C

15 %

Iron

15 %

Phosphorus

255 mg
