

Apple and Leek Frittata

From The New American Plate Cookbook



4 eggs, large
4 egg whites, large
canola oil spray
1 sweet apple (such as Fuji), large, peeled, cored and diced
1 leek, medium, tough outer leaves removed, rinsed well and thinly sliced
salt and freshly ground black pepper
1 teaspoon rosemary, fresh and minced
1 tablespoon chives, fresh and minced

In a medium bowl, whisk together the eggs and egg whites and set them aside. Coat a large nonstick skillet with canola oil spray and place over medium-high heat. Add the apple and leek and sauté for about 5 minutes, until the apple is tender but not too soft. Pour the eggs over the apple and leek mixture. Season with salt and pepper, then with the rosemary and chives. Cover and cook over low heat for about 3 to 5 minutes, just until the eggs are set. Loosen the frittata from the pan with a spatula and gently slide onto a serving plate. Cut into quarters and serve.

Makes 4 servings.