



SIMPLE LEEK FRITTATA

Basic Lifestyle

INGREDIENTS

1/4 cup 2% reduced-fat milk
1 TBS all-purpose flour
1/4 TSP kosher salt
1/4 TSP black pepper
8 large eggs, lightly beaten
1/4 cup grated Parmesan cheese
1 TBS extra-virgin olive oil
1 large leek, trimmed, rinsed well, and thinly sliced
1 large garlic clove, minced

INSTRUCTIONS

—Preheat oven to 350° F.

—Combine milk, flour, salt, pepper, eggs, and cheese in a medium bowl, stirring with a whisk. Heat oil in a medium oven-proof skillet over medium. Add leek to pan; cook until tender and lightly browned, about 3 minutes. Add garlic; cook 30 seconds. Add egg mixture; stir gently to distribute leek evenly. Cover skillet, and reduce heat to low. Cook until eggs are partially set, about 6 minutes.

—Uncover skillet, and bake at 350° F until center is set, 10 to 12 minutes. Loosen frittata from skillet, and slide onto a cutting board. Cut into 8 wedges.

SERVING INFO: (Yields 4 servings)

2 wedges = 1 P, 1/2 M

Recipe photo at [Instagram](#) and [Facebook](#).