

Spanish Frittata with Herby Yogurt and Greens

Serves 4

- 285 g plain Greek yogurt
- ¼ C finely chopped herbs (dill, mint, basil, parsley, and/or chives)
- 2 garlic cloves, very finely chopped
- 1½ tsp fresh lemon juice
- 1½ tsp kosher salt, divided
- 10 medium eggs
- 60 g cheddar cheese, grated
- 12 g Parmesan cheese, finely grated
- 2 T olive oil
- ½ red onion (or 2 shallots, thinly sliced)
- 2 C coarsely chopped (about 13-cm chunks) cooked potatoes
- 2 C coarsely chopped raw or cooked spinach or kale)



1. Preheat oven to **180°C**.
2. Mix **yogurt, herbs, garlic, lemon juice**, and ½ **tsp salt** in a small bowl.
3. Lightly whisk **eggs** and remaining **1 tsp salt** in a medium bowl.
4. Add ½ **C yogurt sauce** and stir just a couple of times
(*do not completely incorporate yogurt sauce, a marbled texture is nice*).
5. Heat **oil** in a 25-cm oven-safe nonstick pan over **medium heat**. Add **onions** and **potatoes** and cook, stirring occasionally, until shallots have softened and potatoes are golden, **about 3 minutes**.
6. Add **greens** and cook, stirring occasionally, just until warmed through and wilted if greens were raw.
7. Add **egg mixture** and cook without stirring, shaking pan gently now and then, until edges begin to set, **5–7 minutes**.
8. Transfer to oven and bake until puffed and set, **18–20 minutes**. Let cool slightly then slide onto a cutting board.
9. Slice into wedges and serve with remaining yogurt sauce.



Nutritional Breakdown (with cheese, using 10 medium eggs)

Servings Calories Protein (g) Fat (g) Carbs (g) Fiber (g)

4	391	25.4	24.0	20.2	1.9
6	261	16.9	16.0	13.5	1.3
8	196	12.7	12.0	10.1	1.0