

# Leek and Asparagus Frittata

Makes 4 servings



2 tablespoons butter

1 cup chopped leeks

12 ounces chopped asparagus

1 cup sliced mushrooms

8 large eggs

1/2 teaspoon salt

1/2 teaspoon ground black pepper

1/4 cup grated Parmesan cheese

1. Preheat broiler.
2. Melt butter in heavy broilerproof 10-inch-diameter nonstick skillet over medium heat. Add leeks and sauté 4 minutes. Add asparagus and mushrooms, sprinkle lightly with salt, and sauté until tender, about 6 minutes.
3. Whisk eggs in medium bowl.
4. Add egg mixture to skillet; fold gently to combine. Sprinkle with salt and pepper. Cook until almost set. Sprinkle with cheese.
5. Broil until frittata is puffed and cheese begins to turn golden, about 3 minutes. Cut into wedges and serve.

*Recipe adapted from Bon Appétit Test Kitchen.*



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# Farmers Market Food Safety Tips

## Safe Egg Cooking Methods:

Many cooking methods can be used to cook eggs safely including poaching, hard cooking, scrambling, frying and baking. However, eggs must be cooked thoroughly until yolks are firm. Scrambled eggs should not be runny. Casseroles and other dishes containing eggs should be cooked to a safe minimum internal temperature of 160 °F. Use a food thermometer to be sure.

## Use Safe Egg Recipes:

- Egg mixtures are safe if they reach 160 °F, so homemade ice cream and eggnog can be made safely from a cooked egg-milk mixture. Heat it gently and use a food thermometer.
- Eggs and egg dishes, such as quiches or soufflés, may be refrigerated for serving later but should be thoroughly reheated to 165°F (74°C) before serving.
- Use pasteurized eggs or egg products when preparing recipes that call for using eggs raw or undercooked.

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