



Broccoli (or Cauliflower!) Frittata

Ingredients:

- 12 eggs
- 1 pint small curd cottage cheese (I use full fat)
- 8 oz Swiss cheese, grated by hand (or cheddar is fine)
- 8 oz feta cheese, chopped
- 12 oz broccoli florets or cauliflower florets chopped ½ inch
- Olive oil to grease the baking pan on the bottom and sides

Instructions:

Begin by filling a large sauté or soup pot with two inches of water and bringing it to a boil. Add cut up broccoli and allow it to turn bright green - about two minutes. Don't put a lid on the pan but keep moving the broccoli around with tongs. Remove the broccoli to an ice bath for 5 minutes then to a strainer and keep shaking it to remove as much water or liquid as you can. I usually roll the florets in paper towels so they are fairly dry.

Once the broccoli is prepared, beat eggs, add the cheeses, and stir in the broccoli. Put into an oiled 9 x 13 pan, and even out the surface. Bake about 45 minutes at 350 degrees until golden brown and "set" so that when you gently shake the pan, the center doesn't appear to be runny. Allow the frittata to cool at least 10 minutes before cutting into squares.

I always serve this with a slice of fresh tomato or sautéed cherry tomatoes on top. I also like to accompany it with whole grain crackers or rustic bread, fresh fruit salad, and a vegetable or green salad... Delicious!!!

PS: it is OK to bake this in a 9 x 9 dish and have a much taller, more substantial looking frittata that is still good. This year I ended up making a cauliflower frittata because one of my adult children came to my house while I was not here and proceeded to snack on broccoli that I had steamed and left on the counter, in preparation for making this frittata. I had to get creative and happened to have a cauliflower in the fridge! Surprisingly, it was terrific with cauliflower but I would use cheddar cheese rather than swiss so the color is a little more vibrant. That being said, I did like the cauliflower because it retained some "crunch" even after steaming it prior and baking it.