

Spring Onion & Shiitake Frittata

Laura Bennett, [The Vegucation Station](#)

Frittatas are a great way to use up a lot of veggies, all those green onion tops especially! And they are an easy meal that you can batch out on a Sunday and have for breakfast for the rest of the week. There are lots of different ways to make frittatas, toss in whatever you've got on hand and they'll be delicious.

Ingredients:

- 2-3 spring onions (1/2 bunch), with greens
- ½ lb shiitake mushrooms
- ½ head garlic
- 1 stalk green garlic (or whatever garlic you have)
- 12 eggs
- 1 cup milk / heavy cream / whatever you've got
- 1 cup shredded cheese
- Bit of Fresh Herbs
- Salt and pepper
- Oil

Directions:

1. Pre-Heat Oven to 350 F.
2. Heat up some high heat oil in a cast iron pan (or any pan that can go into the oven). Sauté sliced shiitake mushrooms for a few minutes before adding in your sliced spring onions, bulbs and greens. Salt and sauté about 5 minutes and turn the heat down.
3. Meanwhile, get your egg mixture together by whisking together your eggs, milk (or whatever dairy or non-dairy creamy thing you want to use), cheese, salt, pepper, and fresh herbs.
4. Pour egg mixture over mushroom & onion sauté and mix together. Let continue cooking on the stovetop until the edges start crisping up or holding their shape when you run a rubber spatula along the sides.
5. Add another sprinkle of cheese on top and put the pan in the oven to finish off cooking. Bake for about 15 minutes or until just under-done.
6. Let sit on the counter to finish setting before slicing and serving.

