



## **Farro and Greens Frittata**

An Adaptation by Lentz Spelt Kitchens

### Ingredients:

2 tbsps. olive oil  
1 large shallot minced  
2 cups chopped greens (kale, spinach or swiss chard without ribs)  
2 cloves garlic minced  
9 large eggs  
3 tbsps. whole milk  
3 green onions thinly sliced, ~3 tbsps.  
½ tsp. salt  
¼ tsp. pepper  
½ up cooked Farro (Resurgent Grains Organic Emmer Berries)  
¼ cup freshly-grated Parmesan cheese, plus more to sprinkle on top

Preheat oven to 400°.

Heat oil in a 10-12-inch oven-proof skillet over medium heat. Add the shallot, greens and a pinch of salt and pepper. Cover and cook, stirring occasionally, until greens are wilting, and shallot is golden brown, about 4-5 minutes. Fold in the garlic and cook uncovered for an additional 1 minute.

In a large bowl, whisk together the eggs, milk, greens onions, salt and pepper. Fold in the farro, greens and Parmesan cheese. Pour mixture into the skillet. Sprinkle Parmesan cheese on top.

Place in oven and bake until set and golden on top, about 12-14 minutes.

Let cool 5 minutes before serving.

*Courtesy of Lentz Spelt Farms and Resurgent Grains. Go to [www.resurgentgrains.com](http://www.resurgentgrains.com) to purchase Resurgent Grains Organic Emmer Berries.*