

Garlic mustard & stinging nettle frittata

Compliments of Amy Manning & Brian Clough

6 Eggs

2 cups Stinging nettles (only use the tender leaves at the top of the plants, or use whole plants but de-stem the leaves.)

2 cups Garlic mustard

2 cloves garlic, minced

2 tbspbutter

1/3 c grated Gruyere, Swiss, or other semi-firm cheese

Salt and pepper to taste

1. Briefly blanch the nettles (this will neutralize their sting!) and garlic mustard in boiling water.
2. Heat the butter to medium low in a cast iron skillet or other pan you can put in the oven, sauté the garlic until soft. Make sure the sides of the pan are coated as well.
3. Add the greens and sauté for about five minutes, until well cooked.
4. While the greens are cooking, whisk the eggs together and season with salt and pepper.
5. When the greens are ready, pour the eggs over top. Cover the pan and allow to cook until the eggs are set (a little runny on the top is ok).
6. Remove from heat, sprinkle with the grated cheese and place under the broiler on low heat until the top is nice and brown.

Serves 3-4, add more eggs for a larger frittata.