

Vegetable Frittata with Mushrooms and Onions and Potatoes and Spinach

1 large potato, cut into cubes
6 large eggs
3 tablespoons water or milk
1 teaspoon salt
Pinch of black pepper
3 tablespoons oil
1 large onion peeled and chopped
20 cleaned mushrooms, sliced
1 1/2 cups fresh spinach, cleaned and chopped
1/2 teaspoon thyme
1/4-1/2 cup grated cheese, optional

Directions:

Bring salted water to boil in a pot and drop in cubed potatoes and cook till you can pierce with fork or skewer. Drain.

Preheat oven to 400 F.

Whisk eggs with water or milk, add salt and pepper and thyme, add cheese (optional). Set aside.

In the oil, in a 10 inch frying pan ***suitable for oven including the handle***, sauté the onions till medium brown and softened. Add mushrooms cook briefly, don't let them give up their liquid.

Add spinach and cook till slightly wilted. Add cooked potatoes and sauté briefly to combine with other vegetables, just till coated with oil and spices. Make sure there's enough oil in the pan that the eggs won't stick once done.

Take the whisked egg mixture and pour over the vegetables in the frying pan, making sure the vegetables are evenly distributed in pan. Cook on medium heat till edges of frittata start firming up (rest is quite liquidy) and place pan carefully in hot oven. Bake 10-12 minutes or till eggs are set and a bit puffed and lightly browned on top. Remove with mitts from oven carefully and using a spatula, gently pry the frittata all along edges and underneath to loosen for serving and serve in generous wedges.

Serve hot or room temperature. Nice with a fresh green salad.