



Frittatta With Stinging Nettles and Onions

I was inspired to make this frittata when I saw stinging nettles at the Farmer's Market. We ate the frittata for dinner & made panini with the leftovers the next day. Tasty! Make sure you were rubber gloves when handling raw stinging nettles; they really do have a sting!

Have all the ingredients ready before beginning the frittata.

Preheat oven to 400 F.

1/2 lb. stinging nettles, blanched, squeezed dry & chopped**

8 large eggs

1/2 cup finely grated Parmigiano Reggiano

1 Tbsp. parsley, finely chopped

1/2 tsp. fresh thyme (optional)

1/4 tsp. kosher salt

1/8 tsp. freshly ground black pepper

3 Tbsp. EVO

1/2 cup thinly sliced onion

Whisk first eggs, parmesan, herbs, salt and pepper together. Heat oil in a medium 9" overproof non-stick frying pan or well seasoned cast iron pan. Add onion; sauté until softened, about 6 minutes.

Reduce heat to low. Scatter in the nettles and stir in the egg mixture. Spoon dollops of ricotta evenly over.

Cook until frittata begins to set, about 2 minutes. Place in oven and bake until just set 7-9 minutes. Slide the frittata onto a platter. Cut into wedges; serve hot or at room temperature.

****If you would like to see how to prepare stinging nettles, please go to [Blanching Vegetables](#).**

Phyllis

