

Greens Frittata With Mozzarella and Prosciutto

By David Tanis

Total Time About 15 minutes

Rating ★★★★★ (414)



Jim Wilson/The New York Times

This savory frittata will take about 15 minutes, including the cooking time, putting weeknight dinner on the fast track. Add ribbons of raw greens to beaten eggs, then proceed to make the frittata, flipping it like a big pancake. The greens are cooked in the process, and the flavor is phenomenal.

INGREDIENTS

Yield: 4 to 6 servings

5 to 6 ounces arugula, spinach or chard, stemmed and sliced into ½-inch ribbons

2 small garlic cloves, minced

Salt and pepper

Olive oil

8 large organic eggs

Pinch of red pepper flakes

2 tablespoons grated parmigiano

¼ pound fresh mozzarella, thinly sliced

3 or 4 slices prosciutto, torn into strips.

PREPARATION

Step 1

Put the greens in a large mixing bowl. Add the garlic, season with salt and pepper and drizzle lightly with olive oil. Toss the greens with your hands to coat the leaves.

Step 2

In a separate bowl, beat the eggs and season with salt and pepper. Add the red pepper flakes and parmigiano. Pour the egg mixture over the greens and stir them together.

Step 3

Heat a well-seasoned cast iron skillet or 9-inch omelet pan on medium-high. Pour in a film of olive oil and let it heat. Add the frittata mixture and let it cook briskly, lifting the edges with a spatula and tilting the pan to help the bottom set. Reduce the heat to prevent the bottom from over-browning and quickly arrange the sliced mozzarella and prosciutto over the surface. Cook for about 3 minutes.

Step 4

Place a large plate over the pan, then carefully invert the frittata onto the plate. Return the pan to the heat, add a touch more olive oil, and slip the frittata back into the pan, uncooked side down, for

another 2 minutes. (Alternatively, leave the frittata in the pan and finish under a broiler). Slide the frittata onto a platter. Serve slightly warm or at room temperature, cut into wedges.