

Greens & Fresh Herb Frittata

With fresh herbs and minimal spices, this dish is predominantly Sattvic, promoting mental clarity and a peaceful state of mind. Grounding spinach and herbs help balance Vata dosha, especially beneficial during colder seasons. The eggs provide nourishment suitable for those with a dominant Pitta dosha, maintaining a balanced temperament.

Ingredients:

- 6 whole eggs
- 1/4 lb spinach
- 1 tsp fresh parsley
- 1 tsp fresh thyme
- 1/2 tsp oregano
- 1/4 tsp black pepper
- 1/4 tsp mineral salt

Instructions:

1. In a skillet, cook the chopped spinach on high heat until it wilts, and excess water evaporates.
2. Crack the eggs into a large mixing bowl. Beat the eggs vigorously to whip air into the mixture, creating a fluffier frittata.
3. Chop the fresh herbs (parsley and thyme).
4. Gently fold the cooked spinach, chopped herbs, oregano, black pepper, and mineral salt into the beaten egg mixture.
5. Heat a well-greased cast iron skillet until a drop of water dances on the surface. It should be hot enough to make the egg sizzle immediately upon contact. Add the egg and greens mixture to the hot skillet. Sear the mixture.
6. Immediately place the skillet into the preheated oven. Bake for approximately 20 minutes or until the frittata begins to brown.

The idea behind a frittata is that the edge should be roasted while the center fully cooked but not too dry. Enjoy!

