



Farro Frittata

Ingredients:

- 10 large eggs
- ¼ cup cream or half and half
- Salt and pepper
- 1 teaspoon dried oregano
- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 2 cups broccoli, chopped
- ½ cup cherry tomatoes, chopped
- 2 cups leafy greens of choice
- 1 package Nature's Earthly Choice™ Microwavable Farro

Directions:

1. Preheat oven to 400 degrees Fahrenheit. In a large bowl, whisk the eggs, cream, salt, pepper, and dried oregano. Feel free to add your favorite spices and herbs.
2. Warm the olive oil in a 12-inch oven-safe skillet over medium heat. Add the garlic, broccoli, and tomatoes. Cook for 10 minutes or until the broccoli is tender.
3. Add the leafy greens and farro. Cook until the greens wilt, about 3 minutes.
4. Pour the egg mixture into the skillet. Gently mix to evenly distribute the ingredients. Let sit for 3 minutes or until the edges are cooked.
5. Transfer skillet to the oven. Bake until the center is set, about 15 minutes. Serve warm.