

Pea and Arugula Frittata

Makes: 4 servings

Time: 30 minutes

Many of you know how much [we love frittatas](#), and this one offers a super green variety. It's almost like a salad frittata — the ratio of vegetable to egg is pretty perfect. Frozen peas are just fine. Parmesan is perfect, but you can beat 4 ounces of soft goat cheese into the eggs instead, if you'd prefer.

Ingredients

- 2 tablespoons olive oil
- 1 small onion
- 1 pound arugula
- Salt and pepper
- 6 eggs
- 4 ounces Parmesan cheese (1 cup grated)
- 2 cups peas (frozen or fresh shelled)
- Chopped mint or chives

Instructions

1. Put the olive oil in a large ovenproof skillet over medium heat. Trim, peel, and chop the onion. Add the onion to the skillet and cook, stirring occasionally until it's softened, 3 to 5 minutes.
2. Raise the heat to medium-high. Add the arugula to the softened onion, a handful at a time, and sprinkle with salt and pepper. Stir and cook until the arugula is just wilted and the liquid is evaporated, 5 to 10 minutes.
3. Crack the eggs into a medium bowl. Add the Parmesan, sprinkle with salt and pepper, and beat the mixture with a fork or whisk. Turn the broiler to high; put the rack 4 inches from the heat.
4. When the arugula is ready, add the peas, herbs, and a sprinkle of salt and pepper. Stir to combine and turn the heat to low. Pour the eggs into the skillet, tilting it or using a spoon to distribute them evenly. Cook until the eggs are barely set, 5 to 10 minutes.
5. Transfer the skillet to the broiler and cook just until the eggs turn golden, a minute or 2. Cut the frittata into wedges and serve, hot, warm, or at room temperature.

— Recipe from [How to Cook Everything Fast](#)