



CRIMINI MUSHROOM, HEIRLOOM TOMATO, GOAT CHEESE & TRUFFLE FRITTATA

INGREDIENTS

- 3 tbsp avocado oil (or any other high heat oil)
- ¼ cup yellow onion, chopped
- 1 ½ cups crimini mushrooms, chopped
- 1 cup heirloom cherry tomatoes, chopped
- 1 cup spinach, chopped
- ¼ cup of herbed goat cheese
- 8 eggs, whisked gently
- ¼ cup of plain oat milk
- ½ tsp salt
- ¼ tsp pepper
- 1 tsp truffle oil

DIRECTIONS

1. Preheat oven to 350°F
2. Heat avocado oil in a 10" oven-safe skillet over med-high heat.
3. Sauté onions until golden brown.
4. Add mushrooms and cook for 3-5 minutes, stirring occasionally.
5. Add cherry tomatoes and spinach. Cook for an additional 2-3 minutes.
6. Remove from heat.
7. Combine eggs with oat milk, salt and pepper. Mix gently, do not over-beat.
8. Pour liquid egg mixture into the skillet and top with goat cheese.
9. Transfer to the oven and bake for 15-18 minutes or until the top is a light golden brown.
10. Remove pan and allow frittata to cool. Drizzle with truffle oil to serve.