

## Wild Rice Frittata with Leeks and Mushrooms

*Makes 6 slices*

1 cup wild rice or wild rice mix, raw  
1 Tbsp. butter  
1 large leek, sliced in half lengthwise and then in slices  
1/2 lb. cremini mushrooms, sliced  
1 clove garlic, minced  
pinch of thyme  
6 eggs  
2 Tbsp. cream, half and half, or milk  
2 oz. (about 1/2 cup) grated pecorino Romano or parmesan cheese  
sea salt and freshly ground pepper

Cook the rice in salted water and set aside to cool slightly. Preheat your broiler.

Meanwhile, heat the butter in a nonstick (or cast iron) skillet until melted. Add the mushrooms, leeks, garlic, and thyme, and cook over medium-low until tender and leeks begin to turn golden brown, about 10 minutes. Season with a little salt and pepper.

Lightly beat together the eggs, cream, 1/4 cup cheese, and salt and pepper. Mix in the mushroom mixture and the slightly cooled rice, coating everything with the egg mixture. Put everything back into the pan and smooth the top. Cook until the egg has set on the bottom and sides. Sprinkle with remaining cheese and place in the broiler. Cook until the top is puffed and golden, and eggs are completely cooked.

*Nutritional Information Per Slice [this is using heavy cream and butter, calories & fat (especially saturated) will be reduced if you use milk and/or Smart Balance, etc.]*

*Calories: 258 / Fat: 11.6g / Saturated Fat: 5.5 / Carbs: 25.1g / Fiber: 2.6g / Protein: 14.6g*