

Black Lentil Frittata & Cilantro Salad



Black lentil frittata served with fresh avocado, house-made salsa roja, and crispy whole wheat tortilla strips

Prep Time: 15 minutes
Cook Time: 45 minutes
Yield: 8 servings; 1 frittata wedge per saerving

Black Lentil Frittata

- 2 cups liquid eggs
- 1/4 cup whole milk
- 1 teaspoon kosher salt, divided in half
- 3 tablespoons olive oil
- 1 cup cooked black lentils
- 1/4 cup thinly sliced green onions
- 1/4 cup chopped cilantro
- 1/2 teaspoon ground black pepper

To Prepare Black Lentil Frittata:

1. Heat a 10-inch cast iron skillet over medium heat; preheat the oven to 425 degrees F.
2. Whisk liquid eggs, milk, and 1/2 teaspoon kosher salt until smooth.
3. Add the olive oil to hot skillet. When the oil is shimmering, spread the cooked black lentils into the bottom of the skillet. Cook for 3 minutes to warm.
4. Sprinkle the lentils with green onions, cilantro, ground black pepper, and 1/2 teaspoon of kosher salt, then spread the mixture evenly over the bottom of the skillet.
5. Pour the egg mixture over the lentils. Cook for 2 to 3 minutes until edges of the egg begin to set.
6. Transfer the pan to the oven and bake for 12 to 15 minutes until fully set and with an internal temperature of at least 145 degrees F to 160 degrees F. Remove the frittata from the oven and slice the frittata into 8 wedges.

Black Lentil Frittata Plate

- 1 black lentil frittata cut into 8 wedges
- 1 cup thinly sliced red radish
- 1/2 cup stemmed cilantro leaves
- 1/2 cup sliced green onion
- 2 medium avocados, quartered
- 2 cups chili lime tortilla strips
- 2 cups charred salsa roja
- 1 fresh lime, cut into 8 wedges

To Assemble Black Lentil Frittata Plate:

1. Place one frittata wedge on a large plate.
2. Next to the frittata wedge, place 2 tablespoons sliced radish, 1 tablespoon cilantro leaves, and one sliced avocado quarter fanned out.
3. Top the frittata wedge with 1/4 cup chili lime tortilla strips.
4. Enjoy immediately with 1/4 cup salsa roja and 1 lime wedge.

Charred Salsa Roja

- 3 Roma tomatoes, cores removed
- 3 cloves of garlic
- 1 small white onion, peeled and cut in half along the stem
- 1 Fresno chile, stems, and seeds removed
- 3 tablespoons chopped cilantro
- 1/2 teaspoon ground cumin
- 2 tablespoons lime juice
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

To Prepare Charred Salsa Roja:

1. Heat a large skillet over medium heat.
2. When the skillet is hot, evenly lay the tomatoes, garlic cloves, onion halves (cut side down), and Fresno chile onto it.
3. Char the vegetables on all sides for about 6 to 7 minutes on each side for a total of 18 to 21 minutes.
4. Place the charred vegetables, cilantro, cumin, lime juice, salt, and pepper into a blender. Allow the mixture to cool for a minute, then blend until smooth. Cool the salsa quickly, cover it, and keep it in the refrigerator until ready to enjoy.

Chili Lime Tortilla Strips

- 1 1/2 (10-inch) whole wheat tortillas
- 1 teaspoon chili lime seasoning
- Oil for frying

To Prepare Chili Lime Tortilla Strips:

1. If frying tortilla strips, preheat 2 cups of vegetable oil in a small saucepan over medium to medium low heat until the oil reaches 350 degrees Fahrenheit. This step may take about 8 to 10 minutes. Prepare a plate with a towel or a rack to drain the fried tortilla strips.
2. Fold the tortillas into thirds like an envelope, cut on the folds to get three pieces, and then slice each third into 1/4-inch strips.
3. Carefully fry the tortilla strips in 4 to 5 small batches for about 60 to 90 seconds or until crunchy and golden brown. Carefully remove the fried tortilla strips from the hot oil with tongs or a wire mesh spoon and transfer them to the prepared plate to drain. Wait about a minute between batches to allow the oil to return to the correct temperature.
4. While the tortilla strips are hot, sprinkle with chili lime seasoning.



Brooke Williamson

The star of "Top Chef" and "Tournament of Champions" brings a seasonal menu inspired by her signature California style: climate-friendly dishes and ingredients that feed your wellness.