



Columbia Grain™

CULTIVATING GROWTH™

# RECIPE

## California Walnut Chorizo Frittata

Channel the farm to table vibes California is known for with this fresh frittata featuring a bevy of seasonal veggies and protein-rich chickpeas.



### INGREDIENTS

#### WALNUT CHORIZO

- ½ cup California walnuts
- ⅓ cup canned chickpeas, rinsed and drained
- 3 tbsps roasted red bell peppers
- 1 tbsp shredded Monterey jack cheese
- ½ tbsp olive oil
- 1 tsp paprika
- ½ tsp minced fresh garlic
- ¾ tsp ancho chili powder
- ¼ tsp dried oregano
- ¼ tsp kosher or sea salt
- ¼ tsp ground cumin
- ⅛ tsp ground coriander

#### SPINACH AND CHORIZO FRITTATA

- ½ tbsp olive oil
- ¼ chopped onion
- ¼ cup diced yellow bell pepper
- 1 tsp minced jalapeno pepper
- 1 cup coarsely chopped fresh spinach
- 4 eggs, well-beaten
- ¼ cup shredded Monterey jack cheese
- Salt and pepper, to taste
- Chopped toasted California walnuts (optional)
- Sliced green onions (optional)
- Cilantro leaves (optional)


### INSTRUCTIONS


1. To prepare chorizo, place all ingredients in a food processor and pulse until mixture is finely chopped and sticks together. Cook oil in a small nonstick skillet for 5 minutes stirring frequently.
2. To prepare frittata, preheat oven to 375°F. Heat oil in a small skillet over medium heat. Add onion and cook for 5 minutes. Add bell pepper and jalapeno pepper; cook and stir for a few minutes more. Stir in spinach and cook until very lightly wilted; stir in 2/3 of the chorizo mixture.
3. Add eggs to skillet and cook, stirring frequently, for 1 minute or until eggs are partially set. Stir in cheese.
4. Transfer skillet to oven and cook for 10 minutes or until eggs are set. Top with remaining chorizo mixture and sprinkle with walnuts, green onions and cilantro, if desired.

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