Frittata

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Ingredients: Serves 4

6 Tbls Oil, canola
1/2 cup Onion, yellow or red, thinly sliced
1/2 cup Bell Pepper, green, julienned
1/2 cup Bell Pepper, red or yellow, julienned
2 cloves Garlic, minced
1 Tbls Parsley, chopped
1/2 Cup Potatoes, par-boiled, diced, I used purple
8 Eggs, medium
1/3 cup Cheese, Parmesan, freshly grated
4 Tbls Whole Milk
Salt to taste: Approximately 1/2 tsp
Freshly ground black pepper
1/4 cup Optional: Cooked/crumbled sausage, chopped bacon, other meats
1 Tbls Butter, unsalted
1/3 cup Cheese, cheddar, grated
1/4 cup Tomatoes, chopped

Procedure:

Heat 4 Tbls canola oil in a large heavy non-stick skillet, with ovenproof handle, over low heat. Add 2 cups thinly sliced onion, 1/2 cup each julienned green and red bell peppers. Cook onion and peppers until translucent and slightly browned, about 30-45 minutes. Stir in the garlic and diced par boiled potatoes and cook another 3-5 minutes. Set aside.

In a bowl beat 8 eggs with 4 Tbls milk, 1/3 cup Parmesan cheese and salt and pepper to taste.

Return the skillet with vegetables to medium heat, pour 1 Tbl of oil into the skillet. Bring the skillet to medium low heat again. Blend into the egg mix, 1/4 cup chopped tomatoes and 1 Tbl chopped parsley.

Then pour the egg mixture over the vegetables in the skillet. Turn heat to low and cook until the eggs are set around the edges. Gently lift the edges of the frittata with a spatula, around 4

different positions and pour in the remaining 1 Tbl of oil and 1 Tbl butter. Place back on the burner until the eggs are almost set on top.

Remove from burner and place under broiler for about 2 minutes.

Remove and sprinkle 1/3 cup grated cheddar cheese. Return to broiler for 1-2 minutes or until cheese is melted. Remove from broiler and set aside to rest for 5 minutes. Cut into wedges like a pizza.

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