

Frittata

(Italian open faced omelet)

2 Tbs.....Olive Oil
½ c.....Julian Onions
½ c.....Sliced Ham
½ cChopped
Asparagus
1 sm jarMarinated
Artichoke Hearts
½ c Chopped Sun Dried
Tomatoes
6 ea Large Eggs, beaten
1 c Shredded Fontina
Cheese
to tasteSalt & white
pepper



1. Heat oil in a 9" nonstick or cast-iron skillet.
2. Add onions, ham, asparagus, artichoke hearts and tomatoes and sprinkle with salt & pepper.
3. Cook over medium to high heat until soft.
4. Add eggs and mix well with other ingredients until eggs begin to get stiff.
5. Mix in cheese.
6. Reduce heat and cook until the bottom is set, the top will still be runny.
7. Cover skillet with a lid and quickly invert frittata and just as quickly slide it back into the pan.
8. Cook until set. Frittata should have a little give when pressed in the center and the sides should be firm.
9. Turn frittata out onto a platter and let it rest at least 15 minutes before serving.

The frittata can be served chilled, at room temperature or heated and can be served as an appetizer or as a light meal with a salad. I garnished this one with a red sauce, Parmesan cheese, and some green onions. Any one of the ingredients can be replaced with any other like ingredient. Try adding some fresh basil, roasted red peppers and prosciutto. You can also leave out any of the listed ingredients.

Be creative, have fun and enjoy!!!