

Frittata

Ingredients

1 Tablespoon oil
1 Tablespoon butter
¼ cup chopped onion
2 cups cooked pasta or rice
½ cup chopped cooked ham or cooked sausage
½ cup chopped roasted red peppers
5 extra large or 6 large eggs
¼ cup milk
½ teaspoon garlic powder
½ cup shredded cheese

Note: Preheat oven to 400° if using oven method to finish frittata-see step 7.

Mise en place! (Everything in its place)

Directions

1. Melt butter and oil together in 10" non-stick oven proof skillet.
2. Add onion, cover, and cook over low heat just to soften.
3. Stir in pasta, red peppers and ham. Stir until heated through.
4. In medium bowl, whisk together eggs, garlic powder milk and cheese.
5. Slowly pour egg mixture over pasta mixture in pan to distribute evenly.
6. Cover and heat slowly over very low heat, 8-10 minutes, until eggs are almost set and a crust begins to form on bottom.
7. Broil about 6 inches from heat 1-2 minutes or until lightly browned. Watch carefully, taking care not to burn. Alternatively, you may preheat oven to 400° and place skillet in oven for about 5 minutes to set the top.
8. Carefully slide spatula around edge of pan and under Frittata. Slide from pan and cut into 4-6 wedges.