



Western Style Frittata

Yield: 8 slices (1 or 2 slices per serving is recommended)

Time: 20 minutes active; 40 minutes total

12 eggs, beaten
½ cup whole milk
½ cup shredded cheddar cheese (or pepperjack)
½ tsp. salt
¼ tsp. pepper
½ tsp. smoked paprika (optional)
1 tbsp. extra virgin olive oil
1 onion, diced
1 red bell pepper, diced
1 large handful fresh spinach
8 oz. deli ham, diced
2 tbsp. fresh chives, chopped
¼ cup fresh parsley, coarsely chopped



1. Preheat the oven to 350°F.
2. In a large non-stick sauté pan (9 to 11 inch diameter), cook the onions and peppers with the olive oil (and smoked paprika, if using) over medium heat until slightly tender, about 5 minutes. Add the spinach and continue cooking over medium heat for another 2-3 minutes, tossing occasionally, until spinach is sautéed.
3. Whisk together the eggs and milk. Stir in the shredded cheese, salt, and pepper.
4. Pour the egg mixture into the pan right over the sautéed veggies and cook over medium heat for 4 minutes. Evenly sprinkle the ham, parsley, and chives over the egg. Cook for another 8 minutes, until egg begins to cook and hold its shape. Transfer the entire sauté pan to the oven. Cook for 15-20 minutes, until egg is no longer runny and the frittata has puffed up a bit.
5. Remove from the oven. Loosen the edges with a spatula and gently slide onto a cutting board. Cut like a pizza into 8 slices. Top with additional shredded cheese, parsley and/or chives if you'd like. Serve with ketchup