

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

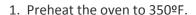
1 red bell pepper, diced

1 large handful fresh spinach

8 oz. deli ham, diced

2 tbsp. fresh chives, chopped

¼ cup fresh parsley, coarsely chopped





- 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