

Vegetable Frittata

Thom Hackett

Servings: 2



I haven't met a Frittata that I didn't like. I really like this one with all organic ingredients.

Ingredients

½ cup broccoli flowerets, steamed until tender and broken into small pieces
½ red bell pepper, seeded and cut into a julienne
1 medium onion, peeled and finely chopped
butter and extra-virgin olive oil
3 eggs
5 tablespoons sour cream or crème fraiche
1 teaspoon finely grated lemon rind
pinch dried oregano
pinch dried rosemary
Celtic sea salt and freshly ground pepper
½ cup grated raw Monterey jack cheese

Cooking Method

In a cast iron skillet, sauté the pepper and onion in butter and olive oil until soft.

- Remove with a slotted spoon.

Beat eggs with cream and seasonings.

- Stir in broccoli, peppers, and onion.

Melt more butter and olive oil in the pan and pour in egg mixture.

1. Cook over medium heat about 5 minutes until underside is golden.
2. Sprinkle cheese on top and place under the broiler for a few minutes until the frittata puffs and browns.
3. Cut into wedges and serve.

Recipe from Thom Hackett's Recipe File at www.thomcooks.com