



Fresh Flavourful Frittata:

Canada's Food Guide recommends half of your plate being a variety of fruits and vegetables.

Canada's Food Guide recommends one quarter of your plate to be made up of food from the protein group.

Yield: 4 – 5 servings
 Preparation Time: About 20 minutes
 Cooking Time: About 15 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"> • 1 green onion • 1 medium tomato • 1 small cooked red potato • 4 asparagus stalks, cut into bite sized pieces <i>or</i> $\frac{3}{4}$ cup (175mL) chopped zucchini • 2 Tbsp (30mL) fresh herbs, such as parsley, basil, dill, or marjoram • 5 large eggs, beaten • $\frac{1}{2}$ cup (125mL) feta or goat cheese, crumbled • $\frac{1}{4}$ tsp (1mL) salt • Freshly cracked pepper • 1 Tbsp (15mL) olive oil 	<ul style="list-style-type: none"> • 25cm non-stick sauté pan, with ovenproof handle (or cast iron skillet) • Measuring cups and spoons • Medium-sized bowl • Cutting board • Small, sharp knife • Fork • Heatproof spatula

Method:

1. Adjust the oven rack to the middle position and preheat the oven to 190C (375 F).
2. Cut the **green onion** into thin slices with a small, sharp knife. Put aside for now.
3. Cut the **tomato** in half, from the stem-end to the tip. Remove the seeds and compost them. Cut each half into thin strips, then the strips into small cubes. Put aside for now.
4. Cut the cooked **potato** into 1 cm rounds, then cut the rounds into 1 cm strips, then cut the strips into small cubes. Add to the tomato.
5. Cut the **asparagus or zucchini** into bite-sized pieces. Add to the tomato mixture.
6. Remove the **herbs** from the stems, then cut, tear or snip the herbs into small pieces. Put aside for now (all of these ingredients can be kept on your cutting board until ready to add to the pan).
7. Crack the **eggs** into a medium-sized bowl. Mix together with a fork.
8. Crumble the **cheese** and add to the eggs.
9. Add **salt and pepper** to the egg mixture. Combine the mixture with the fork.
10. Heat the **oil** in the sauté pan over medium heat. Swirl the pan to spread the oil around evenly over the bottom.

11. Add the **green onion** and sauté until softened, about 2 minutes.
12. Add the **potato/tomato/asparagus** mixture and sauté for 2 minutes, or until asparagus is tender.
13. Spread the vegetables evenly around the pan. Sprinkle the **herbs** over the mixture.
14. Pour the **egg mixture** into the pan. Cook, without stirring, until the eggs start to set around the edges, about 1 minute. Once the bottom is firm, use a heatproof spatula to lift the frittata edge closest to you. Tilt the pan slightly toward you so that the uncooked egg runs underneath. Return the skillet to the stove-top and swirl gently to even out the top of the frittata. Cook for about another 20 seconds, then lift the edge again, repeating the process until the egg on top is no longer runny.
15. Turn the stove-top off and move the frittata to the oven, using oven mitts. Bake the frittata until the top is set and dry to the touch, about 5 minutes. Remove the frittata from oven as soon as the top is set.
16. You can also turn the heat to low and cover the pan with a lid. Cook until the frittata is firm to touch.
17. Run the spatula around the pan to loosen the frittata. Slide onto a serving plate and cut into wedges.
18. Serve warm, at room temperature, or chilled.

Tasty Tip

You can create frittatas using many different ingredients. Look to see what is in your refrigerator. Add different vegetables, Try strips of ham, cooked bacon, chicken or turkey. Different cheeses will bring different flavours to your frittata. Experiment to find you favourite combination.