

Artichoke & Red Pepper Frittata



This is great for a lazy Sunday brunch or just add a tossed salad and have a healthy, meatless meal

Serves 4

4 red bell peppers	1c artichoke hearts, coarsely chopped	1/2t basil
1 small onion, peeled, finely chopped	2 garlic cloves, finely minced	salt and pepper, to taste
1 potato, cooked, peeled, diced	1/2t red pepper flakes	6 large eggs
		1/2c Parmesan cheese, grated

Preheat oven to 450. Remove seeds and core from red peppers and flatten with your hand. Place on cookie sheet and roast 10~15 minutes or until skins are charred. Place in zip~lock bag, seal and let steam 5 minutes. Open zip~lock bag, remove peppers and peel skin from flesh. Dice peppers and set aside.

Preheat broiler

Spray 10" oven~proof skillet with non~stick spray and heat skillet over medium heat.

Add onion and sauté 3~4 minutes. Add diced potato, artichoke hearts, garlic and roasted peppers. Sauté 2 minutes, stirring occasionally.

Beat together red pepper flakes, basil, salt and pepper and eggs in large bowl. Pour over vegetable mixture in skillet and cook over medium heat until eggs begin to set ~ about 5 minutes. Gently lift one side of eggs to let uncooked eggs run into bottom of skillet.

When almost set, sprinkle with Parmesan cheese. Place skillet under broiler 3~4" from heat source for about 1 minute.

Remove from heat, let sit 1 minute and slice into 4 wedges.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by



Debbie Spangler ~ Certified Personal Chef

www.yummyissimo.com ~ debbie@yummyissimo.com