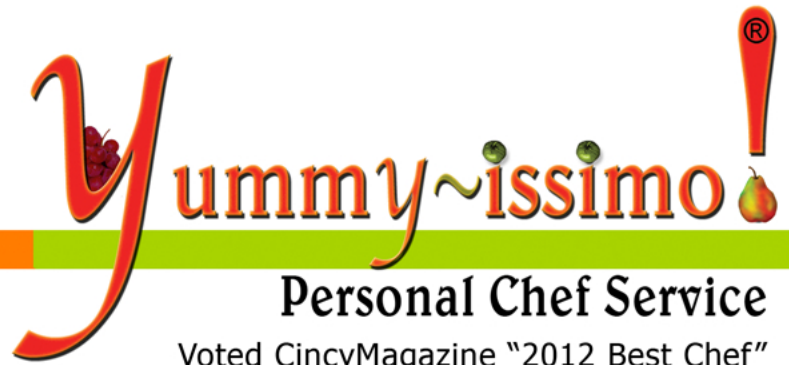


Caramelized Curry Veggie Frittata



Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Serves 4

2T butter

1c onion, thinly sliced

1~2T curry powder, to taste

2c broccoli, chopped

2c cauliflower, chopped

1c spinach leaves, coarsely chopped

1 red bell pepper, diced

1 zucchini, diced

6 eggs

3/4c milk

salt and pepper, to taste

2 roma tomatoes, thinly sliced

1c paneer cheese, small dice ~ can use any mild white cheese if you can't find paneer

Preheat oven to 350.

Melt butter in deep 8~10" oven~proof skillet. Add onion and sauté until soft. Add curry powder and stir well.

Add remaining vegetables to skillet. Stir well and cook until vegetables are about half done. Remove skillet from heat.

Whisk eggs very well. Add milk and salt and pepper, to taste. Pour over vegetables in skillet. Top with tomato slices and diced paneer cheese.

Bake 12~15 minutes or until eggs are set in the middle.

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