

Potato and Red Pepper Frittata

Ingredients

- 30 ml olive oil
- 1/4 medium onion, thinly sliced
- ½ red or green bell pepper, sliced in strips
- 1 russet potato, peeled and cut into thin slices
- 1 mL coarse salt
- ground pepper to taste
- 4 large eggs
- 125 mL grated mozzarella
- 10 mL chopped fresh rosemary or basil



Directions:

1. In an 8-inch cast iron pan, heat 15 mL of olive oil over medium heat. Add onion and bell pepper and cook, stirring occasionally, until onion is lightly browned, about 5 minutes. Transfer to a bowl; set aside.

2. Heat remaining oil (15 mL) in skillet. Add sliced potatoes; season with salt and pepper. Cook over medium heat, tossing often, until potatoes are tender and lightly browned, about 10 minutes. Transfer potatoes to bowl with onion mixture; toss to combine. Return mixture to skillet/cast iron pan; flatten with a metal spatula.

3. In a large bowl, beat eggs with rosemary and/or basil, and ½ mL pepper. Pour over potato- pepper mixture; tilt pan to distribute evenly.

4. Cover frittata (with a lid or cookie sheet) and reduce heat to LOW- MEDIUM for 5-10 minutes or until set, but still slightly moist on top.

4. Pre- heat oven to broil. Sprinkle cheese on top of frittata, place in oven (middle rack) until lightly brown on top.

5. Cut into wedges and serve.