
Town Creek Bed & Breakfast Italian Frittata

Servings: 6

by *Connie Gikas*

I prepare extra potatoes and place them on a lined cookie sheet in a 350 degree oven after browning on stove. Be sure to season well with salt, pepper, garlic powder.

10 large eggs, room temperature

3/4 cup 2% low-fat milk, room temperature

1 slice Italian bread, day old, cubed in 1 inch pieces

1 tablespoon Parmesan cheese, freshly grated

salt and pepper, to taste

garlic powder, to taste

2 teaspoons olive oil

1/2 cup sweet onion, diced

1 large potato, cubed and heated in microwave for 5 minutes

1 tablespoon unsalted butter

1 cup part-skim ricotta cheese

1/2 teaspoon Italian seasoning

sea salt and pepper, to taste

In a deep mixing bowl, whip together the eggs and milk until frothy. Add the day-old cubed Italian bread. Season with salt and pepper to taste. Set aside.

In an oven-proof skillet heat olive oil until very hot. Saute chopped onion in olive oil until just soft. Remove onions from pan and set aside.

In the same pan, saute the cubed potato until browned. Season with sea salt and pepper to taste.

Return onions to the pan with the potatoes, add butter and heat until butter just melts.

Pour in egg mixture and gently fold until eggs are softly cooked.

Drop ricotta cheese by teaspoon on top. Sprinkle Italian seasoning over top.

Bake in 350 degree oven until top is nicely browned and eggs are set.

Serve by inverting on serving dish and cutting in wedges.

Yield: 6 slices

Serving Ideas: May be served warm or at room temperature. Garnish with fresh sliced tomatoes and basil leaves.

Per Serving (excluding unknown items): 259 Calories; 16g Fat (56.0% calories from fat); 17g Protein; 11g Carbohydrate; 1g Dietary Fiber; 374mg Cholesterol; 220mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat.