

Vegetable Frittata

This is a casserole dish for either breakfast or lunch.

Ingredients (For 5-7 servings):

3	Small Spring Onions
2	Large Portobello Mushrooms
3	Roma Tomatoes
16	Eggs
1 ½ Cups	Cheese (Monterey, Colby, Mexican, etc.)
1 ½ Cups	Cream or ½ & ½
1 Tbsp	Cumin
2 Tbsp	Coleman's Mustard

Process:

- Dice up the mushrooms, tomatoes and spring onions. Set aside.
- Add the eggs, cream, Coleman's Mustard and cumin together; whip until well blended. Salt and pepper to your taste. Set aside.
- Cover with olive oil a 10 inch diameter pan. Put it on a medium-high flame until it starts smoking.
- Put the onions in first to brown, then the mushrooms. Stir together. Finally put in the tomatoes. Spread all of these elements out. Salt the tomatoes heavily.
- Stir until the vegetables are softened, but not mushy.
- Pour gently the egg mix over the vegetables. Let it cook about 3-4 minutes until the edges start to firm.
- Sprinkle the Cheese over the egg mix, floating on top. Tap it down a little so it's into the egg mix.
- Place the pan into the oven.

Oven:

Preheat the oven to 380 degrees. Cook the frittata for 40 minutes. Use a knife to stab the frittata in the middle. The knife should be dry when taken out. If there is liquid on the knife, it needs to cook some more.

Serving:

Let the frittata cool for at least 10 minutes. Run a knife around the edge to loosen the food from the pan sides. After cutting a piece, serve immediately. If the Frittata needs to sit out longer, cover with a towel or aluminum foil. After 20 minutes, put it back into the oven (after it is turned off) to keep it warm.

Options:

The cheese could be Goat Cheese as an example. Then you need to cook it at least 10 minutes longer than normal because of its density and moisture. If you want the Frittata to have meat such as ham, or seafood such as crab, add that to the list of ingredients. Add meat or seafood (½ cup) after the vegetables have been cooked but before the egg mix is added.