

MOURAD'S BAKED EGG FRITTATA



DIRECTIONS

1. Preheat oven to 375 degrees. In a large skillet, saute onions, pepper and mushrooms until just tender. Add your green veggie & cook one minute more. Then add garlic and cook for another minute. Set aside. Add tomatoes (and meat if using).
2. Whisk eggs and half & half lightly. Then mix in cheddar or monterey jack cheese, parsley, salt & pepper. Stir into the cooked mixture.
3. Pour into a greased 13 x 9 in baking glass or ceramic dish. Bake for 40 mins.
4. Sprinkle with Parmesan or Pecorino. Bake 5 to 7 mins longer or until a knife inserted in the center comes out clean. Let stand for 10 mins. Cut into 2 inch square portions.

SHOPPING LIST

2 cups green veggies, cut in 1/2 inch pieces (choose one only such as asparagus, broccoli or zucchini)

8 oz white or crimini mushrooms, sliced

1 large white or yellow onion, chopped

1 yellow pepper, diced (you can use red as well)

3 roma tomatoes, seeded & diced

3 to 5 green onions, chopped

2 cups half & half

2 garlic cloves, minced

15 large eggs, lightly beaten

2 cups shredded sharp cheddar or Monterey jack cheese

1 cup parsley, finely chopped (if you don't have fresh, skip it; don't use flakes)

3/4 tsp salt

1 tsp black pepper

1/2 cup shredded parmesan or Pecorino Romano cheese

*optional: up to 2.5 cups of leftover shredded or diced baked turkey, chicken or veggie sausage