

Fresh Ricotta Tomato and Basil Frittata with Peppers and Onions

1 tsp olive oil
1 cup sliced onions (red or yellow)
1 cup sliced bell peppers
1 clove chopped garlic
1 cup cooked red potatoes
4-6 eggs
2 tbsls parmigiano cheese
Chopped ham or cooked Italian sausage (optional)
¼ -1/2 cup shredded or fresh mozzarella
½ c Fresh Ricotta cheese
½ cup halved cherry or grape tomatoes
Fresh chopped basil
Salt and pepper to taste

Preheat oven at 350 degrees. Preheat an oven proof skillet on stove at medium high. Add olive oil. Sautee onions, peppers, garlic and potatoes until browned. Whisk eggs, parmigiano, mozzarella, salt and pepper. Pour over peppers. Dot with ricotta. Place tomato halves on top, and sprinkle with chopped basil.

Cook in oven on 350 degrees for 15 minutes. Turn heat up to broil. Broil for 3-5 minutes.

Can be eaten hot or at room temperature. Add additional eggs to increase serving size.

Other combinations that work are ham, swiss and asparagus; cheddar, onion and broccoli, spinach and cheese, etc. A great way to use up vegetables and cheese.

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