

Mushroom & Herb Frittata

Frittatas are a chance to be playful and adventurous with different combinations of things.

Ingredients

2 tbsp EVOO
8 eggs
2 cloves minced garlic
1 cup sliced mushrooms
1 chopped tomato
1/2 tsp salt
1/4 tsp pepper
1 tsp oregano
1/4 tsp cayenne pepper
1 bunch cilantro
1/2 tsp smoked paprika optional
grated parmesan optional

Directions

1. Preheat oven to 350 degrees
2. Put EVOO in an oven safe pan (cast iron is great if you have) on medium heat
3. When oil is hot, add onion and sauté for about 5 min or until softened
4. Add garlic and toss with onions for 1-2 min until soft, but not burned
5. Add mushrooms and toss for another 3 min
6. Add tomato, salt, pepper, oregano, cayenne (if you like a little heat), and 1/2 bunch cilantro
7. Pour in beaten eggs and give it mix until distributed evenly in the pan.
8. After about 5 min, sprinkle smoked paprika on top and transfer to oven, bake for about 15 min or until top is firm to touch
9. Top with grated parmesan and remaining cilantro if you wish!