



Triple Cheese Mushroom Frittata

Yield: 4 servings

A frittata is the Italian version of an omelet. And just like an omelet, you can add additional or substitute ingredients without a problem.

2 tbsp	olive oil
1 cup	onions, sliced thin
6 oz	mushrooms, sliced
1/2 cup	red bell pepper, roasted
5 large	eggs
1/2 tsp	sea salt
1 pinch	freshly ground black pepper
1/4 cup	Parmesan cheese, shredded
1/4 cup	Romano cheese, shredded
1/2 cup	cheddar cheese, shredded
1 tbsp	basil, shredded
2 tbsp	unsalted butter

1. In a skillet, heat olive oil and sauté the onions until lightly brown, about 4 minutes, toss mushrooms and pepper, cook for about 2 minutes. .
2. Meanwhile, in a small bowl, whisk eggs, salt and pepper. Add the above to the egg bowl with the cheeses and basil.
3. In an ovenproof skillet (one with a handle that can be placed into the oven), heat butter until hot. Pour the above mixture in. Lower the heat to medium and cook until bottom is set. Do not stir or turn mixture.
4. Place under boiler for 30-60 seconds to finish cooking. Loosen the frittata with a spatula and slide it onto a plate.