

Breakfast Frittata

This vegetarian frittata has a fluffy moist center with a cheesy top. The combination of the potatoes, cheeses and the hint of nutmeg create a delicious comfort food breakfast meal.

Ingredients

*2-3 medium red potatoes with skins on, diced (about 2 ½ to 3 cups)
Small broccoli florets from 1 head of broccoli (about 2 cups)
medium shallot, finely chopped (about 1 ½ tablespoons)
1 cup shredded medium cheddar or sharp cheese
½ cup freshly grated parmesan cheese
1 cup whole milk
8 large eggs
3 tablespoons extra virgin olive oil
¼ teaspoon salt +additional
¼ teaspoon fresh ground pepper
¼ teaspoon fresh grated nutmeg*

Preparation

Put oven rack in middle position and preheat oven to 375 degrees. Heat 2 tablespoons olive oil in 10- inch scan pan or cast iron skillet on medium-high heat. Place potatoes in the pan and add a pinch of salt. Sauté potatoes until nicely browned on the outside about 6-8 minutes turning often. Add shallots and reduce heat to low until potatoes are tender on the inside about 2-3 minutes. Remove from heat and spread broccoli in the pan.

Whisk together eggs, milk, salt, pepper, nutmeg and cheddar cheese in a medium bowl. Add remaining 1 tablespoon of olive oil to the pan. Pour mixture into the pan and press broccoli into mixture to absorb the liquid. Sprinkle parmesan cheese all over the top. Place pan in the middle rack of the oven and bake for 20-25 minutes until eggs are set in the middle. Switch the oven to broil and cook until center is puffed and top is lightly browned with bubbling cheese, about 2-3 minutes. Remove from oven .Slice into pie shaped slices and serve.

**The potatoes can be cooked one day ahead and stored. The broccoli and shallots can be sliced and stored separately. Mix the egg mixture and store in a pitcher. Grate the parmesan cheese for the top of the frittata and store. The morning of re-heat the potatoes in the skillet with the tablespoon of olive oil and add the shallots. Continue with the recipe.*

Makes 8 Servings