

Mushroom Onion Egg Frittata

Yield: 4 servings

A frittata is the Italian version of an omelet. It is more flavorful than a classic French one.

2 tbsp	olive oil
1 cup	onions, sliced thin
1/2 cup	sliced mushrooms
5 large	eggs
1/2 tsp	sea salt
1 pinch	freshly ground black pepper
1/2 cup	Parmesan cheese
1 tbsp	mixed herbs, chopped
2 tbsp	unsalted butter

1. In a skillet, heat the olive oil and sauté the onions until lightly brown, about 10 minutes, toss the mushrooms and cook for 2 minutes. .
2. Meanwhile, in a small bowl, whisk the eggs, salt and pepper. Add the above to the egg bowl with the cheese and basil.
3. In an ovenproof skillet (one with a handle that can be placed into the oven), heat the butter until hot. Pour the above mixture in. On the burner, lower the heat to medium and cook until the bottom is set, about 4 minutes. Do not stir or turn the mixture.
4. Place under the boiler for 30-60 seconds to finish cooking. Loosen the frittata with a spatula and slide it onto a plate.