

Fantastic Frittata



Makes:

2 servings

Utensil:

Saladmaster Food Processor
8" Chef's Gourmet Skillet
medium mixing bowl

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Recipe:

Contributed By:

Chef Sergio Corbia
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Recipe Description:

Equipped with the new and improved Saladmaster 8" Chef's Gourmet Skillet, Chef Sergio delights our tastebuds with this delicious and super easy breakfast recipe.

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1 onion, sliced, use Cone #4
2 cloves
garlic, shredded, use Cone #1
¼ cup
frozen peas
(36
g)
¼ cup
corn kernels
(41
g)
1 potato, sliced, use Cone #4
4 eggs
2 egg whites
2 tablespoons
milk
(30
mL)
salt and pepper to taste
1 tablespoon
cheese, shredded, use Cone #1
(10
g)

Directions:

1. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, add onions and

- garlic and sauté until onions are soft, approximately 5 minutes.
2. Add peas, corn and potatoes and continue to sauté for five minutes.
 3. In bowl whisk together eggs, egg whites, milk, salt and pepper. Add egg mixture to vegetables in skillet and stir to combine.
 4. Cook mixture over medium heat for 1 minute. Lower temperature to medium-low and cover with 3 Qt. Sauce Pan or 9" Small Skillet cover. Cook until eggs are set and center is slightly runny, approximately 6 - 8 minutes.
 5. Sprinkle cheese on top, re-cover and cook another minute. Serve warm.

Nutritional Information per

▼ Serving

Calories: 264
Total Fat: 12g
Saturated Fat: 4g
Cholesterol: 429mg
Sodium: 370mg
Total 19g
Carbs:
Dietary Fiber: 3g
Sugar: 5g
Protein: 21g