

Calico Pepper Frittata



Makes:

8 servings

Utensil:

Saladmaster Food Processor

11" Large Skillet with Cover

large mixing bowl

7" Santoku Knife

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1

large

sweet onion, strung, use Cone #2

2

garlic cloves, shredded, use Cone #1

1

large

green bell pepper, seeded and chopped

1

large

red bell pepper, seeded and chopped

1

red chili pepper or jalapeno pepper, seeded and finely chopped

10

eggs

1

teaspoon

salt

(6

g)

¹/₂

teaspoon

black pepper

(1

g) ¹?₄

cup

Romano cheese, strung, use Cone #2

(20

g)

Directions:

1. Using the Saladmaster Machine with Cone #2, string onion directly into skillet. Add garlic and peppers. Transfer skillet to burner and place heat on medium. Sauté until crisp-tender, approximately 4 minutes.
2. In large mixing bowl, whisk together eggs, salt and pepper. Pour over mixture in skillet and reduce heat to low.
3. Sprinkle with cheese.
4. As eggs begin to set, lift edges with a spatula letting uncooked portion flow underneath. Cook until eggs are completely set, approximately 10 - 12 minutes. Cover, remove from heat and allow to sit 5 minutes.

Tips:

- It is easy to use the 11" Deep Dish Skillet, or any of your Saladmaster® pans, as the bowl when using the Saladmaster® Machine. It will save you cleanup time.
- Can use a variety of cheeses in place of Romano, such as Parmesan or smoked Gouda.
- When chopping hot peppers the oils can burn the skin. Avoid touching your face. Wash hands thoroughly after touching or wear disposable gloves.

Nutritional Information per Serving

Calories:

165

Total Fat:

10g

Saturated Fat:

4g

Cholesterol:

279mg

Sodium:

551mg

Total Carbs:

5g

Dietary Fiber:

1g

Sugar:

3g

Protein:

13g