

## Italian Style Frittata

“Frittata is the Italian version of quiche with no crust. Locally produced eggs from both Ashley Arrington and my next door neighbor Tracie Schneider with all veggies and herbs from my garden with a little help from some olive oil and Italian style cheese and you have one of our families late spring- early summer favorites.”

*Anthony*

Prep time: 15 minutes

Cook time: 10 minutes on stove top, 10-15 minutes, in a 400 degree oven (or until set)

- 1 ½ cups total of zucchini, yellow squash, and green pepper, fresh from the garden, cubed small and sautéed  
(you can use red peppers, cooked green beans, onions, tomato, or whatever you have)
- 1 medium potato, just dug, precooked (boiled or microwave) and cubed
- ½ cup chopped basil
- 2-3 cloves garlic crushed (from bulbs hanging to dry in my garage)
- 4-6 oz grated Fontinella (or other sharp Italian or locally produced cheese)
- 2 Tbs Romano cheese
- 2 Tbs Extra Virgin Olive Oil
- 3 Tbs water
- 12 eggs locally produced

Pre-heat oven to 400 degrees.

In a large bowl crack eggs and whisk with the water (do not use milk or Frittata won't set). Add basil, Romano, cheese, and garlic, stir to mix.

Heat a 12 inch oven proof sauté pan and coat completely with olive oil, pour in mixture when hot. Now add sautéed veggies and potatoes and distribute evenly. Cook over medium heat till the edges start to set then place in oven till it sets, check it periodically. (It is set when you shake the pan and it doesn't move). Remove from oven and let stand for 5 minutes to allow it to release more easily from pan.

Now the fun part. Get a plate that covers the pan and carefully flip using potholders. Sometimes a second person with their hand under the pan helps. I like to flip it again so the pretty top is showing.

Slice into wedges and serve with garden fresh sliced tomatoes with olive oil and basil.

Contributed by Anthony Gaudio, Sustainable Tallahassee, Summer 2013

