

Ingredients:

4 oz baby bella mushrooms, chopped
¼ cup artichokes in water, drained and chopped
¼ sun dried tomatoes in oil, chopped; plus 1tbsp oil from jar
1 cup packed kale, torn
2 cloves garlic, minced
4 slices deli salami, quartered
4 oz fresh mozzarella, sliced 1/8 inch thick
8 eggs
¼ cup heavy cream
½ tsp, plus more to taste
¼ tsp, plus more to taste
1/8 tsp crushed red pepper flakes

Directions:

1. Preheat oven to 400 degrees. In a medium bowl, whisk eggs, cream, ½ tsp salt, and ¼ pepper, and crushed red pepper flakes. Set aside.
2. Heat 1 tbsp sun dried tomato oil over medium high heat in a 10 inch oven safe skillet. Add mushrooms and a pinch of salt and pepper. Saute for about 5 mins until mushrooms start to soften. Add garlic, and saute until fragrant, about 1 minute. Add kale, sundried tomatoes, artichokes, and a pinch of salt and pepper, to taste. Stir to combine, and saute til the kale starts to wilt, about 2-3 mins. If the pan seems too dry, add another splash of sundried tomato oil.
3. Pour egg mixture in to skillet over veggies. Use a spatula to move the veggies around so everything is evenly distributed and egg has a chance to touch the bottom of the pan. Top with salami and mozzarella slices, distributing evenly around the top surface. Let set for 2 minutes. Remove from heat and transfer to oven. Bake for 8-10 mins until the frittata starts to turn golden brown around the edges. Switch to broiler, and broil for 2-3 mins until the mozzarella starts to brown and bubble. Remove from oven, and check to make sure a knife inserted in the center comes out clean. Serve.

Recipe notes:

*The oil from the jar of sundried tomato has so much flavor, it's the perfect choice for sautéing our veggies. I wouldn't switch this out for plain olive oil. You'll lose lots of yummy flavor.

*For the artichokes, make sure you get the artichokes in water and not it oil. We don't want the extra spices and seasonings that are in oil marinated artichokes.

*I don't like olives, so I chose not to add that part of the antipasto platter to my frittata. However, if you like them, go for it and add them!

*This is great for breakfast, lunch, or dinner alongside some fresh fruit, a small side salad, or toasted baguette.

