



Frittata

This recipe is so forgiving and versatile. It's delicious served at room temperature or hot. It's a perfect quick breakfast, brunch or lunch. Don't want bacon; omit it or replace it with your favourite sausage or ham. Don't have parmesan; replace it with your favourite hard cheese. This recipe freezes beautifully so it's worth making a big batch. It won't stick around for long.

Ingredients:

- 24 large eggs
- 1 lb bacon cut into ½ inch strips
- Olive oil for sautéing vegetables
- 2 large onions chopped
- 4 cups chopped greens (ex: kale, spinach, parsley, chard... or a combination)
- 4 cups chopped vegetables; my favourite combo is peppers and sweet potatoes
- 1.5 cups of heavy cream
- 3 cups grated parmesan or any sharp cheese
- 4 tablespoons flour
- 3 teaspoon of sea salt divided
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon chilli flakes
- 20 grinds of pepper or to taste



Directions

- Preheat oven to 350° F
- In a large frying pan, brown the onions in a little olive oil until they turn a deep caramel colour. Transfer to a heat-proof bowl and reserve.
- Brown bacon until golden brown and slightly crispy. With a slotted spoon, transfer the bacon to the bowl containing the onions and reserve.
- Next fry the veggies. When they are just tender, add 1 tsp of salt and the chopped greens. Cook and stir until the greens are wilted. Transfer to the bowl and reserve.
- In a separate bowl, combine the eggs, cream, flour, cheese, remaining salt, nutmeg and chilli flakes.
- Mix well with a whisk.
- Line your baking dishes with parchment paper and divide the vegetable/bacon mixture evenly. Considering that this should yield about 12 regular portions.
- Next pour the egg mixture over top dividing evenly.
- With a clean finger or wooden spoon, being careful to not rip the parchment paper, gently stir the mixture to disperse the vegetables, bacon and egg mixture evenly.
- Bake in a preheated oven. Start checking after about 30 minutes. Cooking time will vary according to the size of your baking dishes.
- Test for doneness by pressing the center. It should be completely set with no jiggle or liquid.