

Potato and Roasted Red Pepper Frittata

Serve up this skillet supper with a green or Caesar salad to complete your meal. It is also delicious with warm pasta sauce or stuffed into a crusty ciabatta bun for a take away lunch for the office the next day.

3 round red Ontario Potatoes (about 1 lb/500 g), scrubbed
2 tbsp (25 mL) extra virgin olive oil
1 small onion, chopped
3 cloves garlic, minced
1/2 tsp (2 mL) Italian herb seasoning or Herbes de Provence
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) pepper
1/2 cup (125 mL) diced roasted red peppers
3 tbsp (45 mL) chopped fresh Italian parsley
6 eggs
1/2 cup (125 mL) shredded Asiago cheese
Dice potatoes into 1/2-inch (1 cm) cubes; set aside.



In large nonstick skillet heat oil over medium high heat. Add potatoes, onion, garlic, Italian seasoning, salt and pepper. Cook, stirring for about 5 minutes or until edges of vegetables are beginning to brown. Reduce heat to medium, cover and cook, stirring once for about 5 minutes or until potatoes are tender. Stir in roasted peppers and parsley.

In bowl, beat eggs and Asiago cheese. Pour over potato mixture, lifting and stirring eggs into mixture with spatula. Cook, for about 8 minutes or until bottom is light golden and top is set. Place a large plate over the skillet and invert frittata onto plate. Slide frittata back into skillet and cook for about 5 minutes or until bottom is golden.

Makes 4 to 6 servings.

Per each of 4 servings: 350 calories, 15 g protein, 19 g fat, 29 g carbohydrates, 3 g fibre, 740 mg sodium, 510 mg potassium

Excellent Source of Vitamin B12, Source of Folate, Source of Calcium, Source of Iron, Source of Vitamins B1, B2 and C