

## Chef from the Hood Recipes



### Chefs:

Betsy Fischer

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(SRJC Culinary Cafe) & Wine Comedian

### Recipe:

Sonoma Frittata! An easy breakfast for Mom idea!

### Ingredients:

1-2 cups cooked, chopped vegetables:  
Like broccoli, bell peppers, zucchini,  
mushrooms, artichoke hearts, asparagus  
(and/or raw spinach, green onions,  
tomatoes...)  
1 small chopped red or yellow onion  
1 cup cooked chopped sausage, ham or  
bacon  
2 to 3 cloves of minced garlic (optional)  
9 to 12 eggs, scrambled together in a  
bowl  
1 to 2 cups grated assorted cheeses  
olive oil, salt & pepper as needed  
a few snips of fresh chives or parsley  
Clover sour cream (optional topping)

.. Betsy and Greg like to make frittata on leisurely mornings  
.. when neither of them has to be anywhere too early.  
.. Using leftover vegetables, assorted bits of cheese and  
.. meat with a few snips of fresh herbs; it's almost  
.. impossible to make a bad frittata. (In the spirit of a frugal  
.. Italian cook, just use whatever you have on hand!) This  
.. culinary win-win is a great idea for a breakfast that even  
.. young kids can help make for Mom this Sunday. Easy  
.. recipe makes 6 to 8 servings; it's more method than  
.. exact formula.

.. Preheat oven to 350° F. Prep all ingredients keeping  
.. everything separate. Cover bottom of a wide pan (cast  
.. iron) with oil. Sauté onions until they begin to caramelize.  
.. Add vegetables in order of hardness; sauté until soft and  
.. warm but still distinct. (If vegetables were raw, remove  
.. excess liquid from pan: drain vegetables, wipe pan dry,  
.. add oil and return veggies to pan.) Add meat, garlic &  
.. any leafy greens last.

.. If your pan does not have an ovenproof handle, transfer  
.. sauté to a wide, shallow oiled casserole or cake pan.  
.. Pour eggs evenly over vegetables. Place in oven. Don't  
.. be tempted to rush frittata! Brew coffee, get out  
.. tableware, cut flowers while you wait. When eggs look  
.. almost set, add cheese and herbs to the top. Frittata is  
.. done when cheese is melted. Broil briefly for a bit of  
.. golden color. Slice and serve warm with a dollop of sour  
.. cream, toast, coffee and fresh fruit.