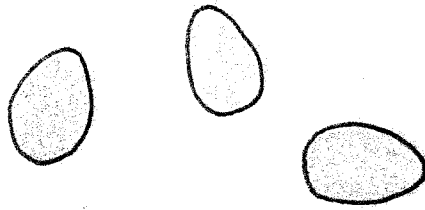


Frittata



8-10 eggs

2-3 cups assorted fresh vegetables and herbs

1/2 cup grated cheese

2 tablespoons water

1 1/2 teaspoons salt

1/2 teaspoon fresh ground pepper

2 tablespoons olive oil



Preheat the oven to 375°. Crack the eggs into a large mixing bowl and whisk just to blend. Set aside.

Wash and roughly chop the vegetables and herbs. Add 1/4 cup (half) the cheese, the water, and the salt and pepper to the eggs, stir to blend. In a large cast iron skillet, heat the olive oil over medium heat. Add the vegetables and herbs and cook until they are tender but not completely cooked. Pour the egg mixture over the vegetables and herbs, stir to blend. Heat until the eggs are half cooked. Do Not Overcook as the frittata will finish cooking in the oven. With the back of a spoon, smooth the top of the frittata and top with the remaining cheese. Transfer the skillet to the preheated oven and bake for about 15 minutes, until the frittata is puffy and golden brown. Remove the frittata from the oven and let it cool for a few minutes before slicing into wedges. like a pie.