

大廚師:Susan

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Ham Frittata

1 medium onion, diced
1 tablespoon unsalted butter
12 extra-large eggs
1 cup heavy cream
1 cup shredded cheese
1/2 pound ham, chopped (Turkey ham 或冰箱的任何剩餘食材)
1/4 cup packed chopped fresh cilantro(芫荽) & green onions
Salt & freshly ground pepper to taste

Preheat the oven to 350 degrees F.

In a large bowl, beat the eggs. Add the rest of the ingredients and combine.

Pour the mixture a lightly greased 9 x 13 square glass pan and place the pan

in the center of the oven. Bake the frittata for about 50 minutes, until it puffs and a knife inserted in the middle comes out clean. Serve hot directly

from the pan.