



Baked Frittata with Capicolli and Broccoli

A classic Italian egg dish that puts the average omelet to shame. Serves 4.

Ingredients:

2 tbsp (30 ml) butter
½ cup (125 ml) chopped onion
1 clove garlic
2 cups (500 ml) cooked broccoli florets
6 eggs
½ tsp (2.5 ml) salt
Pepper to taste
¾ cup (175 ml) mozzarella cheese, cubed
2 tbsp (30 ml) fresh parsley, minced
5 oz (150 g) Freybe Capicolli, julienne sliced

To prepare:

1. In a 10 inch (25 cm) skillet melt butter. Add onions and garlic and sauté over medium heat, until tender. Place florets evenly over onion.
2. Whisk eggs together with salt and pepper. Stir in mozzarella, parsley and Capicolli. Pour gently over broccoli.
3. Increase heat to medium high. Cook until bottom sets, lifting frittata with a spatula to allow uncooked eggs to flow underneath and set. When edges are firm but top is still moist, cover skillet with a large plate; turn over together with slide frittata back into skillet, cooked side up. Cook for 1-2 minutes longer or until bottom is set.
4. Transfer to heated serving dish and cut into wedges to serve.