

Breakfast Frittata

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Ingredients

1 Tablespoon ghee, grass-fed butter or olive oil

1 medium sweet onion, chopped – I never measure onion; just use ‘enough’

Asparagus spears, ends removed, sliced/chopped – I prefer those pencil thin ones – quantity to taste and always sliced diagonally! I used about 1/3 of the bundle of slender asparagus.

1-2 medium Yukon Gold potatoes, peeled, diced, and patted with a paper towel to remove excess moisture.

3/4 teaspoon sea salt

Freshly ground pepper to taste

2 Tablespoons chopped fresh chives

2 Tablespoons chopped fresh basil

Optional: ground sausage, bacon, additional veggies: mushrooms, spinach, broccoli, tomatoes, artichoke hearts - whatever is on hand that looks good.

5 eggs

3 large spoonsful of cottage cheese

A cream component: I used about 1/3 cup of heavy cream, augmented by approximately a 1/3 cup water to make enough fluid to pour over the meat/veggie mixture.

Method

Preheat the oven to 400 degrees

Using a 12-inch cast iron skillet, cook the sausage or bacon first, if using; blot up or drain off excess grease, and then begin adding the vegetables as follows:

Add the ghee/butter/olive oil to the skillet (keep browned meat in the pan if using). Sauté the prepared potatoes and sea salt for 10 minutes or until it begins to brown, then add the onion and asparagus and any other veggies. Cook until the potatoes are almost tender, and the onion is beginning to become translucent.

Meanwhile, in a medium bowl, combine the eggs, cream/fluid component, cottage cheese, chives, and basil. Whisk well. If you use an immersion blender, add the chives and basil after blending to keep them from turning things green.

Pour the egg combination over the hot mixture in the skillet and turn off the burner. Let the skillet rest on the burner for a few minutes until the contents are set.

Put the skillet into the oven and bake until the frittata is puffed, browning, and cooked through. Start checking for doneness around 15 minutes. Ovens vary – mine took almost 30 minutes.

Remove from oven and let sit for 3-5 minutes. I served directly from the pan, but you can carefully transfer to a plate before slicing.