



Spinach and Provolone Frittata

Makes 6 portions

Ingredients:

1 Tbsp.	Olive Oil
2 cloves	Garlic – minced
1 Tbsp.	Shallots – minced
12 oz.	Spinach
To Taste	Salt and Pepper
1 oz.	Olive Oil
1 Tbsp.	Butter
8 Large	Eggs
2 oz.	Heavy Cream
To Taste	Salt and Pepper
3 oz.	Provolone Cheese – shredded
2 Tbsp.	Romano Cheese - grated

Directions:

Heat the oven to 350 degrees.

Heat the oil in a pre-heated cast iron pan.

Add the garlic and shallots and sauté briefly – add the spinach and salt and pepper.

Allow to cook until the spinach is wilted – remove from the heat and drain excess liquid.

Re-heat the cast iron pan

Add the olive oil and butter – melt

Whip the eggs with the cream, season with salt and pepper – blend well

Add the eggs to the skillet, add the spinach mixture and mix to blend well

Allow to cook briefly on the stove top, then place in the oven to finish cooking.

When the eggs begin to set top with the cheeses, finish cooking until the eggs are cooked through and the cheese has melted.

Cut into 6 portion

Serve with Harissa – if desired