

Artichoke Frittata

This tasty dish is simple enough to make for a midweek dinner, and equally as pleasing for a leisurely weekend brunch. Serve with dinner rolls and a tossed salad.

Prep Time: approx. 15 Minutes.

Bake Time: approx. 30 Minutes.

Ready in approx. 45 Minutes. Makes 4 servings.



1	small onion, chopped	1
1	garlic clove, minced	1
1/2 tsp	dried oregano	2 ml
1 can (14 oz)	artichoke hearts, drained and quartered	398 ml
4	eggs	4
1/3 cup	Nestlé Carnation Regular Evaporated Milk	75 ml
1/4 cup	dry bread crumbs	50 ml
1/4 cup	each salt, pepper and hot pepper sauce	1 ml
1-1/2 cup	shredded old cheddar cheese	375 ml
2 Tbsp	chopped fresh parsley	30 ml

Directions

- 1** Preheat oven to 325°F. Lightly grease 8 inch glass pie plate; set aside.
- 2** Heat 1 Tbsp vegetable oil in non-stick skillet over medium-high heat. Sauté onion, garlic and oregano 3 minutes or until softened. Stir in artichoke hearts; cook 2 minutes. Spoon evenly onto pie plate.
- 3** Whisk together eggs, evaporated milk, bread crumbs, salt, pepper and hot pepper sauce; pour over artichoke mixture. Sprinkle evenly with cheese and parsley.
- 4** Bake 30 minutes or until golden and puffed.

Recipe courtesy of Nestlé