**The Perfect Frittata**

6-8 inch skillet (with oven proof handle), sprayed with a non-stick spray

Preheat oven to 400°F (200°C)

A Frittata is an Italian version of an omelet, yet easier.

Base:

8 large eggs

4 ozs freshly grated Parmesan cheese

1 tbsp butter melted

to taste salt and pepper

Options:

**Garbanzo/ Rosemary**

1 cup garbanzo beans drained

2 sprigs fresh rosemary, leaves picked and chopped

**Italian Sausage and Truffle Oil**

6 ozs cooked Italian sausage, cubed or sliced thin

1 tsp truffle oil

**Potato and Bacon**

4 ozs cooked potato, cubed

4 ozs cooked bacon, crumbled

**Grilled Asparagus and Ham**

8 ozs asparagus stalks, grilled and cut into 1/2-inch pieces

6 oz cooked ham, cubed

1. Place all of your “options” into the prepared dish. Set aside
2. In a medium bowl whisk eggs, add cheese, butter and season. Pour on top of the “optional” ingredients.
3. Place into preheated oven until firm and springy, about 12 to 16 minutes.
4. Serve out of pan.