



Beaufort House Inn 61 North Liberty Street Asheville NC 28801

www.beauforthouse.com

Beaufort House Inn Roasted Vegetable Frittata ~ Serves 8

Ingredients

2 Tbs Olive Oil or Canola Oil

10 large eggs or 12 medium

½ cup Half n Half

¼ cup each of chopped red sweet pepper, zucchini, chopped butternut squash

1 cup shredded cheddar or parmesan (optional) (½ cup for frittata, ½ cup for topping)

4 Tbs chopped fresh basil, parsley, thyme or whatever herbs on hand

Topping: 4 tbs melted butter, ½ cup shredded cheese, ½ cup plain bread crumbs combined

Garnish ~ sprig of parsley or other herb of choice

Preparation

- Brush olive oil on bottom and sides of an ovenproof 10" frittata pan. Drizzle chopped vegetables with olive oil and (optional) salt. Roast vegetables in 10" frittata pan at 400' for 20-30 minutes until softened and slightly caramelized around the edges.
- Combine eggs and Half n Half in mixer and whirl on high speed for 3 minutes until frothy
- Assemble frittata in pan by combining roasted vegetables, shredded cheese, fresh herbs in pan ~ cover with egg mixture and gently stir all ingredients to mix thoroughly. Mixing roasted vegetables with shredded cheese thoroughly before adding the egg mixture will ensure a nice even distribution of vegetables.
- Bake for 45-50 minutes at 375' ~ or until just "set", turning in oven as needed for even baking. When center is set, spread the topping mixture evenly over the top of frittata and place back in 375' oven for another 10 minutes or until nicely browned.

Presentation

- Just before serving, gently loosen frittata around the edges with a spatula
- Cut into 8 slices. Top each slice with a garnish of parsley and serve with a side of roasted Yukon Gold Potatoes, Rosemary Roasted Sweet Potatoes or a side salad with mixed greens.