

# FRITTATA/QUICHE

Serves 2-4

1	Pre made pie crust
4	Large eggs
½ Cup	Heavy cream
1 Tbsp	Dijon mustard
1 Tsp	Salt
½ Tsp	Pepper
1 Tsp	Herbs de Provence
½ Tsp	Onion Powder
2 Tbsp	Fresh chopped parsley, divided
1 Cup	Ground Turkey sausage or other meat, cooked
¼ Cup	Chopped red pepper, cooked
½ Cup	Diced zucchini, cooked
¼ Cup	Chopped onion, cooked
2	Campari tomatoes sliced circumference
½ Cup	Shredded cheese, Swiss, Cheddar or your favorite
1 Tbsp	Parmesan cheese

The difference between a Frittata and a Quiche is the crust. You choose. Skip the pie crust and dijon mustard for the Frittata.

This is an easy and quick lunch or dinner recipe. Be creative and use whatever left overs you have in your refrigerator.

Use a round quiche tart pan with a removable bottom or pie plate or a cast iron pan. Place pie crust dough into tart pan going up on the sides. Spread a very thin layer of dijon mustard with a pastry brush on the dough.

Saut'e onion, zucchini and red pepper. Do not over cook, vegetables should be on the hard side, set aside. Crumble the sausage and set aside, you can use heat and serve breakfast sausage but take off the casing.

In a bowl beat the eggs and heavy cream. Add the salt, pepper, Herbs de Provence, onion powder, meat, chopped parsley (save some parsley to sprinkle on the top) and shredded cheese, mix together. Pour into the quiche pan. Place the sliced tomato around the edges. Top with Parmesan cheese, parsley. Bake in oven at 375 for 20 to 30 minutes or until edges are golden and egg is set. Serve with side salad or garlic bread.