

FRITTATA WITH POTATOES, GREENS AND MUSHROOMS

Yield: 2 Breakfast sandwiches

Ingredients	Amounts
Olive oil	2 Tbsp.
Potatoes Yukon Gold, cooked, cooled, diced 1/2" x 1/2"	2 cups
Greens, cooked	1/2 cup
Mushrooms, sautéed	2 oz.
Onions, sautéed, golden brown	2 oz.
Garlic	2 tsp.
Parmesan cheese, grated	3 Tbsp.
Eggs	2 ea.
Salt and pepper	to taste
Arugula	3/4 cup
Whole grain bread roll	2 ea.

Method

1. In a small non-stick egg pan over moderate heat add half the olive oil and once hot, add the potatoes, greens, mushrooms, and onions. As it cooks season this mixture aggressively with garlic, salt, and pepper.
2. In a small bowl, whip the eggs and season with salt, pepper, and half the parmesan cheese. Add the mixture from step one into the eggs and stir until all the ingredients are equally coated with liquid egg.
3. Put the egg pan back over a moderate heat and add half of the remaining oil. When hot, add the egg mixture from step two and press it flat into the hot pan. Cook the egg mixture until golden and then turn it out onto a plate, add the last of the olive oil to the pan and return the eggs to the pan uncooked side down. Continue to cook until the eggs are cooked through and firm - about an additional minute. While still hot sprinkle the frittata with the remaining cheese.
4. Split the rolls and divide the arugula between the two. Divide the frittata in half and top each roll with half of the eggs. Replace the top of the roll and serve the frittata warm or at room temperature.