

Ripe Red Berries

Living on less...

Beautifully and Simply.

artichoke heart and goat cheese frittata

*adapted from Patrie Grace, Potlucks. A fun cookbook of ideas garnered from gatherings on Martha's Vineyard...

*adapt to your tastes

1 bunch spring onions or scallions, thinly sliced (substitution - 1 medium onion, chopped and browned)
2 tablespoons olive oil
1 tablespoon chopped garlic
1/2 cup basil, finely chopped
1 (14 oz.) can artichoke hearts, drained and quartered
1/2 cup calamata olives, pitted and sliced in half
3/4 cup cherry tomatoes, halved (or 1 medium tomato, chopped)
1-2 good pinches of sea or kosher salt
1/4 teaspoon freshly ground pepper
8 large eggs, well beaten
1/2 cup crumbled goat cheese

Cook onion in olive oil in a large oven proof skillet - cast iron works great - until onions are soft and brown. Add the garlic, cook briefly. Add the artichoke hearts, tomatoes, salt, pepper and basil. Stir gently, until all vegetables are heated through. Reduce heat to low and pour the beaten eggs on top, covering all the vegetables. Cover skillet and cook until eggs are firm on the bottom, about 5-7 minutes...give it a little shimmy to see how firm it is on the bottom. If more time is needed go on a minute to minute basis... Uncover and place under the broiler, watching carefully until frittata is lightly golden. Sprinkle with crumbled goat cheese and return for 1-3 minutes. Slice, then garnish with ribboned basil or freshly chopped chives and serve.

Enjoy with a light green salad and or pan fried potatoes.

Serve with soup and salad.

Eat warm or cold - either way, it's delicious!