

Tomato Olive Frittata

Ingredients

6 large eggs

1 tablespoon flour

1/2 teaspoon ground black pepper

1/4 teaspoon salt

2 cups shredded Fontina, cheddar or Monterrey Jack cheese

1 can (3.8 ounce) Lindsay® Sliced Ripe Olives, drained

1/2 cup thinly sliced green onion

1/2 cup chopped, seeded fresh tomato

1/3 cup thin strips Canadian bacon or lean ham

1 1/2 teaspoons Italian herb seasoning

Directions

Preheat oven to 350F. In medium bowl, whisk one egg with flour until blended. Whisk in 5 eggs, pepper and salt. Stir in remaining ingredients. Spread in oiled 8 x 1 1/2-inch round cake pan. Bake 35 to 40 minutes or until golden and set. Cut into wedges. Serves 4 to 6.

Nutritional Information Per Serving

Calories 270; Calories from Fat 180; Total Fat 20g; Cholesterol 260mg; Sodium 770mg;
Total Carbohydrates 5g; Dietary Fiber <1g; Protein 17g