

# Garden Fritatta

## Garden Frittata

This Garden Fritatta is one of those recipes like minestrone soup, it's never the same twice. The recipe takes advantage of what's in the refrigerator the only must have ingredient is eggs, after eggs than it's pretty much what you have on hand.

That's one of the best things about frittatas, you can make them different depending on your life style and taste. If your worried about high cholesterol, egg whites work in this recipe

I cooked this the old fashion way on the stove top. You can start the frittata on the stove top and transfer it to a 350 degree oven for 20 minutes. Be sure the pan has heat proof handles , if not wrap tin foil around the pan handle.

## What Is a Garden Fritatta

Frittata is an egg- based Italian dish similar to an omelette or crust less quiche. Growing up this Garden frittata was a staple in our house, it was what my mother made for us and any gathering where a food was required, and food is required at every Italian gathering. It was called Frittata of the Day on the menu, and that's just what it meant, I did have my favorites though.

I have to admit am not a fan of runny yolks, I like my eggs scrambled. fritatta's are like scrambled eggs, enriched with added ingredients, like meat, cheese, or vegetables.

A frittata is is like an unfolded omelet, It is cooked slowly over over low heat, while an omelet is cooked quickly over higher heat.

One important thing the right size pan is important when your cooking a fritatta or an omelet. Here is a link to a beautiful 8 inch saute pan perfect for an omelet or for this Garden Fritatta recipe.

Whereas omelets are served hot straight from the stove, frittata's are often times served at room temperature. Making them perfect to make ahead for bunches, gatherings, picnics or anytime you want quick, easy and delicious.

If you make this Garden Frittata please leave me a comment and don't forget to tag me on Instagram hearing from you is my favorite part!!!

## Ingredients

- 8 eggs
- 1 cup parmesan cheese
- 2 Tablespoons butter
- 1/2 cup each chopped red and green peppers, spinach, onions and halved cherry tomatoes
- 1 Tablespoon chopped garlic
- 2 Tablespoons each chopped Italian parsley, sage and thyme
- Salt and pepper to taste

## Instructions

1. In a 8 inch unstick saute pan melt the butter
2. Add the peppers, onion, tomatoes, spinach saute until tender and beginning to brown about 10 minutes
3. Add the garlic
4. Beat the eggs until light
5. Add the parmesan, herbs, salt and pepper to egg mixture
6. Add egg mixture to medium heat pan cook covered 5 minutes lower heat and continuing cooking 10 minutes
7. Turn the flame off while placing a plate over the saute

pan invert on to plate slide the fritatta back into pan  
cook covered on low heat 10 to 15 minutes

8. Sprinkle with additional Italian parsley and Slice into triangles.
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## **Spicy Buffalo Shrimp Bruschetta**

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Spicy Buffalo shrimp bruschetta , crispy Italian bread, topped with large spicy shrimp, sprinkled with crispy bacon, and celery, carrot slaw, served with my homemade ranch dressing for dipping or drizzle.

Really you guys it doesn't get much better than this when it comes to bruschetta. This is such a decant, rich recipe it's prefect for lunch or a light dinner.

You can control the heat by using less hot sauce, it also doesn't matter what kind of bread you use, as long as it's substantial enough to hold the spicy shrimp and slaw. You don't want soggy or bread that falls apart when you pick it up.

I use crusty Italian bread, if the bread is stale it's even better. The bread can be toasted ahead of serving, heck you can even toast it and freeze it for easy prep.

This recipe is so versatile if you want you can roast the

shrimp instead of sauteing, and don't use bacon for a lighter version,

when using this method I use my toaster oven/ air fryer so I don't heat up my kitchen using my large wall ovens, also saves money

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## **Things to know about this spicy Buffalo shrimp Bruschetta**

This spicy Buffalo shrimp bruschetta has come a long way from what bruschetta started like, with just a mixture of chopped tomatoes, balsamic, garlic, and basil spooned over olive-oil brushed slices of toasted bread.

Now you can find almost any kind of flavor with so many variations of topping making bruschettas perfect for breakfast, lunch or like this spicy Buffalo shrimp, that's decant enough for weeknight family dinners or Saturday night dinner with friends.

If you make this delicious bruschetta please leave me a comment and don't forget to tag me on Instagram, that's my favorite part!!!

## **Ingredients**

- 6 slices toasted Italian country bread
- 1/2 lbs. large shrimp
- 2 slices bacon
- 4 stalks celery finely chopped
- 3 carrots grated
- 1/2 red onion chopped
- 2 tablespoons each Italian parsley, thyme, oregano and garlic

- 1/2 cup franks hot sauce
- 1/2 stick butter melted
- 1/2 cup prepared pesto

## Instructions

1. Cut bread on a diagonal
2. Spread bread with pesto toast until golden brown
3. Cook bacon until crispy remove from pan cut into small dice reserve pan and bacon fat
4. Make slaw by mixing, carrots, celery and onion toss with 1 tablespoon red wine vinegar, 3 tablespoons olive oil and 1 tablespoons prepared hot sauce
5. Make the hot sauce by mixing the melted butter with the hot sauce, garlic, oregano, Italian parsley thyme, salt and pepper to taste
6. Reserve 1 tablespoon for the slaw
7. Marinate the shrimp in the hot sauce for 1 to 2 hours or overnight
8. Remove shrimp from marinate shake excess liquid off
9. Saute shrimp in reserved saute pan on medium high heat 2 to 3 minutes per side
10. Assemble the pesto toast by topping with celery slaw and 2 to 3 shrimp
11. Sprinkle with Additional herbs serve with lemon wedges and ...ENJOY!!!