

Sausage, Potato and Onion Frittata

If you have eaten at the Cracked Egg in downtown Bay City, you may have had one of their delicious frittatas. It is an Italian variation on the American favorite omelet.

4 Tbsp. butter
1/3 lb. sausage
1/2 cup chopped red onion
3 small, thinly sliced red potatoes
1/4 tsp. cumin (optional)
6 eggs slightly beaten w/
3 Tbsp. milk
1/2 tsp. salt
1/4 tsp. black pepper
1/3 lb. grated cheese

Preheat oven to 350. Heat 2 tablespoons butter in large skillet with ovenproof handle (or wrap handle on non-ovenproof handle with aluminum foil to protect it). Add potatoes and saute until golden about 2-3 minutes turning once at moderate heat. Remove potatoes from skillet and keep warm. Add sausage and onion to pan and brown. Lower heat to low. Evenly add the potatoes, but reserve a few for later. Add the spices and salt and pepper to the beaten eggs and milk mixture. Swirl remaining 2 tablespoons butter into pan. Add eggs. Shake pan back and forth till frittata is firm on bottom and almost set on top. Cover with grated cheese and potato and heat in oven until melted and lightly browned, about 5-8 minutes. Enjoy.

Experiment with spices. Add garlic, chives, chili powder, rosemary, thyme. or minced parsley. Sprinkle on parmesan cheese or use mozzarella or cottage cheese.