

“Way before Christianity adopted the egg as a part of the Easter tradition, the ancient Romans believed in "omne vivum ex ovo" (all life comes from the egg) and used it as a symbol of the new birth brought on by spring. Ok, winter is now officially over! Let’s crack some hen fruit!”

Franco Contaldo

Franco’s Frittata con ricotta e peperoni

Frittata with ricotta cheese and roasted peppers

Ingredients

½ cup grated pecorino
2 tbsp. chopped fresh parsley
1 tsp. chopped fresh oregano
8 eggs, beaten
3 tbsp. extra-virgin olive oil
1 large white onion, thinly sliced
1 red bell pepper cut into strips
¾ cup ricotta

Instructions

Pre-heat oven to Broil. In a large bowl, whisk together ¼ cup of the pecorino, parsley, ½ tsp. of the salt, oregano, and eggs and season with black pepper. Set egg mixture aside.

Heat the oil in a 10" nonstick skillet over medium heat. Add the onions, and peppers and cook, stirring occasionally, until ingredients are softened, about 7 minutes. Add the cooked veggies to the egg mixture and stir to distribute the onions and peppers evenly. Pour back into hot skillet and cook for about 5-8 minutes then spoon the ricotta over the mixture in 6 dollops, and sprinkle with the remaining pecorino.

Lower heat to low and cover skillet; continue cooking until center is set and frittata begins to pull away from the sides of the skillet, about 10-15 minutes. Removed from heat and run a rubber spatula around the edges of the frittata to loosen it. Slide the frittata onto a serving plate. Season with more Pecorino and garnish with fresh parsley.

Serves 4-6

