



Sausage & Mushroom Frittata

- 1 pound Claro's Italian sausage (casing removed)
- 1 cup fresh mushrooms, sliced
- 1/2 onion, sliced thin
- 1 cup spinach, fresh or frozen (optional)
- 8 eggs, whipped
- 1/4 cup grated imported romano cheese
- 1/2 cup fontina cheese, shredded
- salt and pepper to taste
- fresh chopped Italian parsley (optional)



Preheat oven to 375 degrees. In medium frypan on stove (or a deep saute pan that is ovenproof), brown sausage until 1/2 cooked, then add mushrooms and onions and cook until evenly brown. Add spinach and cook for another couple of minutes, or until fresh spinach is wilted. Add eggs and romano cheese. Stir around until mixed evenly. Add cheeses and mix slightly. Cook on stove for another minute, then place whole pan in oven to finish cooking. The frittata is done when everything is firm and not runny. Invert pan onto platter. Sprinkle with a little more grated romano and chopped parsley. Serve immediately.