

SWEET BELL PEPPER FRITTATA

- *Knight Ridder News Service*

2 Tbsp. extra-virgin olive oil
1 large clove of garlic, minced
1 cup diced red onion
1 yellow bell pepper, washed, cored, diced
1 red bell pepper, washed, cored , diced
4 whole eggs, beaten
¼ tsp. Salt
¼ tsp. Freshly ground black pepper
¼ tsp. Paprika
¼ cup chopped sweet basil
1 Tbsp. Chopped fresh tarragon
2 Tbsp. Grated Parmesan cheese

Preheat the broiler or oven.

In a 12" nonstick, ovenproof skillet, heat the olive oil over medium-high heat. Add the garlic and cook until tender and browned, about 1 minute. Add the onion and cook until it begins to soften, about 5 minutes. Add the red and yellow bell peppers and cook until tender, about 8 minutes.

Meanwhile, in a medium bowl, combine the eggs, salt, black pepper, paprika, basil and tarragon. Pour the eggs over the vegetables in the skillet, shaking the pan slightly to combine the vegetables with the eggs. Turn the heat to medium and cook until the eggs start to thicken and firm up, about 4 minutes. Flip the frittata over, using a plate to transfer it, or place the skillet on the lower rack of the broiler and cook until the top of the frittata is firm, about 3 minutes.

Carefully remove the skillet from the broiler and gently slide the frittata out onto a warm serving platter.

Sprinkle the top with the Parmesan cheese. Allow to cool slightly before serving or serve later at room temperature.

Makes 2 servings