

This is a very easy, yet elegant breakfast dish. I like to serve with English muffins and fresh fruit salad.

Frittata Di Carne E Vegetali - Vegetable-meat Omelet

- 6 eggs
- 1 sliced onion
- 6 tbs. olive oil
- 2 cups cooked meat and vegetables
- 4 tbs. grated Romano cheese
- Salt and pepper to taste

Use any leftover meat and vegetables; chop fine. Heat 2 tbs. of oil in a large skillet. Brown onion about 3 minutes or until soft. Add meat and vegetables; mix well. Heat about 7 minutes, stir constantly. Transfer to mixing bowl. Beat eggs thoroughly in separate bowl; fold into omelette mixture; blend well.

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Place balance of olive oil in frying pan. Heat. Fry omelette mixture about 5 minutes or until light brown on underside. Turn out carefully on a plate. If necessary, add more oil to frying pan. Slide omelette back into pan; brown other side.

Serve immediately. Serves 6 to 8.



Keep eggs in the main body of the fridge (not on the door). This will keep them at a more constant, colder temperature.

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