

Smoked Salmon Frittata

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A frittata is a hearty, healthy and delicious way to start any morning! Eggs, salmon, and cheese are cooked into a thick, hearty omelette-style dish that goes well with fruit salad, sliced tomatoes, and a zesty Bloody Mary. Use smoked salmon leftover from dinner, and add vegetables as desired.

Ingredients:

4 Tbsp olive oil
¼ med. onion, chopped
salt and pepper, to taste
4 oz smoked salmon, shredded
1/4 c. black olives, chopped
6 eggs
2 Tbsp milk
2 Tbsp heavy cream
½ (8 oz) package cream cheese

Directions:

1. Preheat oven to 350 degrees F.
2. In large skillet heat olive oil over medium heat. Add onion, and season with salt and pepper. Cook until translucent, approximately 6 minutes. Add salmon and olives and cook for 2-3 minutes, stirring occasionally.
3. In medium bowl combine eggs, milk, and cream. Whisk together until creamy. Pour over salmon and stir gently. Top with cubes of cream cheese and cook over medium heat, without stirring, until edges appear firm.
4. Place skillet in preheated oven. Bake for 20 minutes uncovered until nicely browned and puffed. Flip onto a serving plate, and cut into wedges to serve. Serve immediately.

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