

Italian Sausage Frittata

A golden frittata full of spicy sausage and colourful vegetables.

Hot Italian sausages (about 1/2 lb., 225 g), casings removed, chopped	3	3
Canola oil	1 tsp.	5 mL
Chopped green pepper	1 cup	250 mL
Garlic cloves, minced (or 1/2 tsp., 2 mL, powder), optional	2	2
Large eggs	8	8
Ricotta cheese	1/2 cup	125 mL
Salt	1/4 tsp.	1 mL
Pepper	1/4 tsp.	1 mL
Small tomato, sliced	1	1
Grated Parmesan cheese	1/4 cup	60 mL
Grated part-skim mozzarella cheese	1/4 cup	60 mL

Cook sausage in large non-stick frying pan on medium-high for about 5 minutes, stirring occasionally, until browned. Remove to small bowl. Set aside. Remove and discard drippings from pan.

Heat canola oil in same frying pan on medium. Add green pepper and garlic. Cook for 2 to 3 minutes, stirring often, until green pepper is softened. Reduce heat to medium-low. Add sausage. Stir. Spread sausage mixture evenly in bottom of frying pan.

Beat next 4 ingredients with whisk in medium bowl until well combined. Pour over sausage mixture. Reduce heat to low. Cover. Cook for about 5 minutes until bottom is golden and top is almost set. Remove from heat.

Arrange tomato slices evenly around edge of frittata. Sprinkle both cheeses over top. Broil about 4 inches (10 cm) from heat in oven for 3 to 4 minutes until frittata is browned and set (see Note). Cuts into 8 wedges. Serves 4.

1 serving: 367 Calories; 25.6 g Total Fat (8.4 g Mono, 2.9 g Poly, 10.3 g Sat); 478 mg Cholesterol; 7 g Carbohydrate; 1 g Fibre; 27 g Protein; 709 mg Sodium

Note: To avoid damaging frying pan handle in oven, wrap handle with foil before placing under broiler.