

Tomato Frittata with Fresh Herbs

serves 4 to 6

For the frittata

8 extra large organic eggs
1/4 cup finely grated parmesan
2 tablespoons fresh thyme leaves
1 tablespoon finely chopped fresh oregano
1/2 teaspoon sea salt
freshly ground pepper to taste
3 tablespoons extra virgin olive oil for the pan

For the tomatoes

3 tablespoons olive oil
4 large garlic cloves – finely chopped
1/4 cup finely chopped Italian parsley
4 medium ripe tomatoes – seeded and cut in 1" pieces
1/4 teaspoon sea salt
freshly ground black pepper to taste

Step 1: In a small mixing bowl, whisk together the eggs, parmesan, thyme, oregano, salt and pepper. Set aside.

Step 2: To sauté the tomatoes, heat the olive oil in a large non-stick sauté pan over high heat. Add the garlic and parsley and sauté for 30 seconds to 1 minute until parsley starts to wilt. Add the tomatoes and sauté for an additional 2 to 3 minutes, until they soften but not fall apart. Add the salt and pepper, mix well and transfer to a bowl to cool.

Step 3: Heat a large non-stick omelet pan over medium-high heat. Add the olive oil. Pour in the egg mixture. As the eggs begin to set on the edge of the pan, use a spatula to push the edges to the center and tilt the pan so that the raw egg fills in the bare section. When the eggs begin to set, sprinkle with the tomatoes and continue sautéing until the frittata is almost set and the bottom is golden brown. Invert the frittata onto a large plate and slide it back into to pan top side down. Continue cooking until the bottom is just set, only about 30 seconds.

Step 4: Transfer to a large platter and serve warm or at room temperature with *Mâche salad* and *lemon vinaigrette*.

cook's note: To make the lemon vinaigrette, whisk together 1 tablespoon fresh lemon juice, 4 tablespoons extra virgin olive oil, pinch sea salt and freshly ground black pepper.