

Artichoke Frittata with Sun Dried Tomato Salsa

We're hooked on frittatas. The classic Italian Osteria food is wonderfully flexible and perfect comfort food that's great hot or cold. We're making ours with artichokes and pecorino cheese, and then serving it with an Italian-inspired sun-dried tomato and broccoli salsa. Yum!

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Oven-Safe
Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Broccoli & Sundried
Tomatoes
Olive Vinaigrette
Seasoned Artichokes
Eggs
Pecorino Cheese

Make The Meal Your Own

Omnivore's Option – Bacon is perfect for this dish. Cook it first, and then mix it with the egg.

Cooking with a picky eater? Toss the broccoli and sundried tomatoes with their favorite salad dressing.

In the mood for something cold? Cook the frittata in advance and serve at room temperature, instead. Just be sure to wait to top it with the salsa until you're ready to eat.

Good To Know

Not sure if your skillet is oven safe? Check to make sure there is no plastic before putting it in the oven. If you don't have one, transfer to a casserole dish and cook it that way.

Health snapshot per serving – 845 Calories, 60g Fat, 35g Protein, 34g Carbs, 1642mg Sodium, and 27 Smart Points.

Lightened up snapshot – 632 Calories, 39g Fat, and 21 Smart Points when you use half the vinaigrette and cheese.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Eggs, Artichokes, Broccoli, Pecorino Cheese, Sundried Tomatoes, Green Onions, Kalamata Olives, Sherry Vinegar, Lemon, Garlic, Herbs and Spices

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Make the Broccoli Salsa

Put the **Broccoli & Sundried Tomatoes** into a mixing bowl with the **Olive Vinaigrette** and add 1/4 cup of olive oil. Toss well, and then put into the refrigerator to chill.

3. Make the Frittata

Heat 1 Tbsp. olive oil in a large, oven-safe skillet over medium high heat. Add the **Seasoned Artichokes** and cook until golden brown, about 5 to 8 minutes. Remove from the heat and add the **Eggs, Pecorino Cheese** and a generous pinch of salt and pepper.

Mix everything together, and then put the skillet on to the middle rack of your oven and cook until the frittata is golden and puffy and the center springs back when you touch it, about 15 to 20 minutes.

4. Put It All Together

Top the frittata with broccoli salsa to serve, or serve alongside and let diners top their own slices.

The skillet size for this dish is up to you, but we recommend a 10" skillet. Use a larger skillet if you want your frittata a little thinner; just make sure to check it sooner.

We like to cut and serve the frittata right out of the pan.

Love this recipe? #meezmagic

Instructions for two* servings.

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