

Ham Frittata



First of all, I hope all you mothers had a great Mother's Day with your loved ones.

This is the kind of dish that can be served as breakfast, lunch or dinner. I love the versatility of it...you can add whatever you want and in no time you have a nutritious and healthy meal.

In this simple recipe for frittata I used ham, onion, tomatoes, cilantro, red bell pepper and mozzarella cheese and of course eggs. You can add spinach, mushrooms, olives, parsley and the list of ingredients can go on and on, and you can even make a vegetarian version of it.

I need to confess that the ham that I used in this frittata is from Easter, which was left in the freezer since then...and I

still have one more piece of ham 

Ingredients:

1 small onion, finely chopped

1 tomato seed removed and chopped

1 small red bell pepper chopped

Cilantro to taste

1/3 cup ham chopped

1/3 cup mozzarella cheese (I used the sticks)

1 tablespoon olive oil

5 eggs, slightly beaten

1/4 cup milk

Salt and pepper to taste





Method:

In the egg mixture add salt, pepper and the milk and set aside.

In a fry pan with cover sauté the onion in olive oil until slightly soft. Add to the pan the ham, tomatoes, red bell pepper and cilantro. Mix gently, until all the ingredients are blended together. Pour the egg mixture over the vegetables and layer the cheese. Cover the pan and lower the temperature to low and let it cook until the egg is settled. Remove the pan from the heat and flip to a dish.

Serve hot..



If you like this simple recipe for ham frittata, you might want to check on Spinach and Canadian Bacon Frittata.

**Thank you for stopping by Simple Recipes and have
a great week!**