
KITCHEN CONNAISSEUR

Pesto and Roasted Vegetable Frittata



This simple dish makes a delightful brunch entrée or a light dinner. The rich flavour of the roasted vegetables is delightfully enhanced by the basil pesto. Be sure to experiment with different types of vegetables and cheeses. The possibilities are endless and are only limited by what's available. Other suggestion might include: sweet potatoes, mushrooms, asparagus and eggplant with provolone cheese.
Serves 8. Preparation time: 1 hour

ingredients

3 Tbsp	Roasted Garlic Olive Oil
2 cups	Potatoes, peeled and cut in 1-1/2" pieces
1 small	Acorn squash, peeled and cut in 1-1/2" pieces
1 medium	Red bell pepper, cored and cut in 1" pieces
1 small	Zucchini – sliced in 1/2" circles
1 medium	Red onion - cut in wedges
8	Eggs - room temperature
1 1/2 cups	Cream - 10%
1 cup	Aged white cheddar - grated
1/2 cup (1/2 jar)	Pesto Sauce
1 Tbsp	Herbs for Pasta & Pizza
1/2 tsp	Sea salt
To taste	Black pepper - freshly ground

instructions

1. Preheat the oven to 350°F.
2. Place the potatoes and squash in a large roasting pan or heavy oven proof skillet. Drizzle with Roasted Garlic Olive Oil and sprinkle with sea salt and freshly ground pepper. Toss the mixture around to assure all the vegetables are coated with oil. Place the

pan in the oven for 20 minutes.

3. In a mixing bowl whisk the eggs and cream together. Stir in the cheese, Pesto, Herbs for Pasta and Pizza, salt and pepper. Set aside.

4. Remove the roasting pan from the oven and add the red bell pepper, red onion and zucchini. Toss the vegetables to assure they are coated with the oil. Place the pan in the oven and roast for an additional 20 minutes, or until the vegetables are soft and golden.

5. Remove the pan from the oven. Preheat the oven to broil. If you used a roasting pan to roast the vegetables transfer them to a skillet. Place the skillet on a stove top on medium heat. Add the cream and egg mixture and cook over low heat for 15-20 minutes, or until the frittata starts to set.

6. Place the frittata under the preheated broiler and cook for an additional 2-4 minutes or until golden. Remove the pan from the oven and allow the frittata to stand for 5 minutes before slicing. Serve immediately with salad and hearty bread.