

Frittata With tomato,onion and basil

3 cups onion very thinly sliced
¼ cup olive oil
Salt/pepper
1 cup canned Italian plum tomato, drained and chopped
5 eggs
2T grated parmesan cheese
½ cup fresh basil torn into small pieces
2T butter

Heat oven to 350 degrees

1. Put onion,olive oil and ½ t salt into a large sauté pan.
2. Turn heat on low and cover the pan.
3. Cook until onion wilts and is diminished in bulk.
4. Uncover the pan and cook until onions become golden.
5. Add tomatoes and stir.
6. Adjust heat to cook at a steady simmer for about 15 -20 min until oil floats.
7. Use a strainer to drain oil from vegetables.
8. Beat eggs in a bowl. Add grated parmesan cheese to eggs.
9. Coat pie plate with melted butter. Spray with Pam.
10. Add tomato and onion to the bottom of the pie plate.
11. Pour egg mixture over vegetables and bake at 350 degrees for about 25-30 min.