SingleParentChef.com
"I Just Gotta Frattata" Recipe
October 13, 2018: Spinach, Brown Rice, Bacon & Friends

Hardware (stuff you use to make food):

cutting board
10" chef's knife
10" non-stick frying pan
small bowl
fork

Software (the food):

2 tsp olive oil
1 tbsp butter
1/4+ cup small yellow onion
2 cloves garlic
1/4 cup cooked chopped spinach
1/4 cup cooked brown rice
1/4+ cup crumbled bacon (well-done)
2 eggs
1oz Monterey Jack cheese (grated)
2-3 tbsp of homemade tomato sauce, store-bought is fine, thank you.

Here's what you do:

1. Preheat oven to 450 degrees F.
2. Mince half of one small yellow onion (approx. 1/4 cup) put 1 tbsp aside.
3. Mince 2 cloves of garlic
4. Heat pan over medium high heat
5. Add 2 tsp olive oil and 1 tbsp butter to pan
6. Add onions and garlic, season with salt and pepper
7. Sautee for 2-3 minutes until onions are softened
8. Add brown rice and spinach and heat through (approx. 2-3 min)
9. Add bacon to mixture
10. Scramble 2 eggs thoroughly in small bowl and add to pan - make sure the eggs are distributed evenly
11. Cook eggs for 2-3 minutes
12. Once most of the egg is cooked, put pan in oven on top rack for 1-2 minutes
13. Take pan out of oven and sprinkle Jack cheese on top - put back in the oven until cheese is melted
14. Sprinkle minced onion and bacon on top
15. Slide frittata onto large plate
16. Place a dollop of warmed-up tomato sauce in the middle of the frittata
17. Season with salt and pepper
18. Serve with buttered toast and morning beverage of your choice

Eat hearty, my friends!