



Nonna Snowden Cooks

Cook, Skydive, Have Fun, Give Back



Frittata

Nonna Snowden recommends you visit her at www.nonnasnowdencooks.com and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. This recipe is simple, easy, and as always versatile. In the video Nonna poured a breakfast sausage red sauce (recipe provided by Gumbo Daddy's Seasonings) over the eggs. Combined the two recipes were absolutely DELICIOUS! Look for the red sauce recipe on Nonna's website.

Ingredients

1/4 cup Goat Butter
3-4 slices of Provolone Cheese
1 can artichoke hearts (8.5 ounces or less)
1 can black olives (2.5 ounces or more)
1/3 cup milk (or heavy cream if you like)
6 eggs
Non stick spray or olive oil
Gumbo Daddy's Cajun seasonings
Dan Pastorini's Garlic and Herb seasonings
Jacobsen Garlic Salt

Preparation:

1. Break eggs and put in a bowl
2. Add milk
3. Whisk the eggs and milk.
4. Add artichokes to the eggs.
5. Add black olives to the eggs.
6. Add spices (as little or as much as you like)
7. Mix all the ingredients.
8. Prepare a cooking pan so the eggs won't stick. Use a non stick spray or spread olive oil around the bottom and sides.
9. Place chunks of butter on top (spread the butter out)
10. Pour eggs into the pan.
11. Bake at 375° for about 30 minutes or until eggs are cooked through done.

Note 1: Nonna used provolone cheese, but you can use cheddar, mozzarella, ramano or parmesan (grated or shredded). In fact, you could add spinach, mushrooms, bell peppers, tomatoes, or just about anything you like. Nonna never feels constrained by a written recipe and neither should you!

Nonna donates 50% of proceeds to JumpForTheRose.org.

