

Al Fresco Roasted Pepper and Chicken Sausage Frittata

INGREDIENTS:

- 12 Ounces chicken sausage, thinly sliced
- 1 Tablespoon extra virgin olive oil
- 3 Ounces roasted red peppers, chopped
- 1 Clove garlic, finely minced
- 4 Large eggs
- 2 Tablespoons fresh Italian flat parsley, chopped
- ½ Teaspoon black pepper
- ½ Cup Daiya (non-dairy) cheese, grated
- 1 Teaspoon Tabasco sauce

PREPARATION:

Preheat oven to 400 Degrees F. Heat the oil in a 10-inch skillet over medium heat. Add the sausage and brown slightly. Add the roasted red peppers and garlic, cook for 1 minute. Reduce heat. In a mixing bowl, whisk eggs. Add parsley, pepper, Daiya cheese, and Tabasco. Stir. Pour egg mixture over sausage and peppers. Cook on low heat for 7-8 minutes until the bottom is set and the top is a little runny. Place the skillet in the oven and cook until the eggs are set and golden brown, about 6-7 minutes. When done, remove and carefully slide Frittata onto a serving platter. Slice and serve.

<http://allrecipes.com/recipe/al-fresco-roasted-pepper-and-asiago-chicken-sausage-frittata/detail.aspx>

NOTES FROM THE COOK:

Entree