



United States Department of Agriculture

ONION FRITTATA

Yields 4-6 servings

Prep Time: 5 minutes | Cook Time: 10 minutes | Total Time: 15 minutes

3 White onions

8 Eggs

½ cup of grated Parmigiano Reggiano

2 tablespoons of Extra Virgin Olive Oil

1 pinch of Salt

1 pinch of Pepper

1. Peel the onions and mince them fine. In a large pan add a drizzle of extra-virgin olive oil, then the onion, and cook over low heat to soften.
2. Break the eggs into a bowl, add the salt, pepper and grated Parmigiano Reggiano; mix the ingredients together well. When the onions are fully softened, add the egg mixture and stir everything together then cover the pan and let the frittata cook for 5 minutes.
3. Turn the frittata and cook it on the other side, then remove from the pan and serve.

Recipe adapted from © SanPellagrinoFruitBeverages.com

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