

Frittata

Caramelized Onions, Goat Cheese, and Cherry Tomatoes

Serves 2 to 4

Ingredients

6 eggs
9-10 cherry tomatoes, halved
3 small yellow onions, sliced
3 oz fresh goat cheese, crumbled
2 cloves of garlic, rough chopped
1 sprig thyme, chopped
1 sprig rosemary, chopped
olive oil
coarse salt
fresh ground pepper

1. In a skillet over Medium/High heat, simmer 1 tbsp of olive oil. Add sliced onions (I know it seems like a lot, but they reduce considerably). Stir to coat onions. When onions begin to sweat (about 10 min) reduce heat to Medium/Low and add 1 tsp of coarse salt and another tbsp of olive oil. Spread onions evenly over skillet and stir occasionally to allow to caramelize. This may be 30 minutes to an hour, until onions are a deep golden brown. If you feel the onions are too dry, you can add a little more oil (I've heard of people adding water, but I've never done that). Once the onions are done, remove from pan.
2. While onions are cooking, preheat oven 400°F
3. In a mixing bowl, add eggs, thyme, rosemary, 1 tbsp of coarse salt, a pinch of fresh ground pepper, place hand on hip and whisk. Set aside.
4. In the empty skillet, heat 1 tbsp of olive oil over Medium heat. Add the tomatoes and garlic until the tomatoes begin to blister.
5. Add caramelized onions and spread evenly throughout pan. Pour egg mixture over tomatoes and onions. If necessary, tilt pan so eggs even distribute. Add crumbled goat cheese on top.
6. Allow to cook over stove top for about a minute or two. Then, move skillet to oven. Let bake for 7-10 minutes, until golden and puffy.
7. Remove from oven and cut into wedges.