

Chile Relleno Frittata

Chef John Hughes

The GYPSY KITCHEN

www.the-gypsy-kitchen.com

Servings: 2

1 Tablespoon Olive Oil
1 Small Spanish Onion, diced
1 Small Jalapeno Chile Pepper, diced
1 Medium Vine Ripened Tomato, seeded and diced
1 Can Ortega Chile's, drained
4 Large Eggs
2 Tablespoons 2% Low-fat Milk
4 Dashes Hot Pepper Sauce
To Taste Kosher Salt
To Taste Cracked Black Pepper
8 Ounces Monterey Jack Cheese, shredded
As Needed Pico De Gallo Salsa

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Preheat oven to 350 degrees.

In a medium saute pan, heat the olive oil. When hot, saute the onion and jalapeno until just tender, about 2-3 minutes.

In a small mixing bowl, whisk the eggs, milk, hot sauce, kosher salt and cracked black pepper.

Arrange chile's in single layer on bottom of individual casserole dishes. Spoon half of the onion-jalapeno mixture over the chile's. Sprinkle 2/3 of the Monterey Jack cheese on top of onion-jalapeno mixture. Pour the egg mixture into casserole dishes. Now spoon the remaining onion-jalapeno mixture on top. Season with small amount of kosher salt and cracked black pepper.

Place on center rack of oven and bake for 25-30 minutes or until eggs are fully cooked and fluffy. Top with remaining Monterey Cheese and continue to cook for 2-3 minutes more, until cheese melts.

Place each casserole dish on serving plate and dollop a small amount of Pico de Gallo Salsa on top. Enjoy!

Serve with seasonal fresh fruit for a delicious brunch or with fresh sauteed vegetables for a light dinner.

Per Serving (excluding unknown items): 692 Calories; 52g Fat (67.1% calories from fat); 43g Protein; 14g Carbohydrate; 3g Dietary Fiber; 526mg Cholesterol; 1223mg Sodium. Exchanges: 5 1/2 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 7 Fat; 0 Other Carbohydrates.