



## Melitta Station Inn

“- real English Bed & Breakfast hospitality  
In the heart of Sonoma Wine Country“

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### Artichoke Frittata

Ingredients to serve: 8

1-2 tbsp olive oil  
4 green onions , finely chopped  
1 large baker potato, pre-baked then chopped  
1 medium tomato, chopped  
1 (10 ounce) can artichoke hearts, chopped  
2 tbsp chopped fresh parsley  
Salt and pepper to taste  
8 large eggs  
1 cup half & half  
1 cup grated Mexican mix cheese

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1 can Italian style tomatoes with herbs  
1 can garbanzo beans  
½ large onion chopped  
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Pre-heat oven to 325 F  
Spray/grease a 10 inch flan dish thoroughly

Using olive oil, cook the green onions until soft.  
Add the chopped potatoes and cook until browned.  
Add the artichoke hearts and chopped tomatoes, and cook for two minutes. Season to taste and add the parsley.  
Spoon the tomato mixture into the base of the flan dish covering equally.  
Sprinkle on the cheese uniformly  
Blend together the eggs and half/half until creamy  
Bake at 350 F for 40 minutes until golden brown

Meanwhile prepare the sauce by simmering the tomatoes, onions and beans in a medium saucepan for 30 minutes .

Remove and blend gently to a slightly rough consistency

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Cut the frittata into eight segments and place on the plate with a portion of the sauce, some fresh or seared vegetables or bacon