

Alaska Salmon Pesto Frittata



Preparation Time: 25 minutes

Cook Time: 15 minutes

Servings: 4 to 6

Ingredients:

1 red bell pepper, cored, seeded and chopped

1/2 cup chopped onion

8 oz. sliced mushrooms

2 cloves garlic, minced or 1/2 teaspoon garlic powder

1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional-pack Alaska Salmon or 2 cans or pouches (6 to 7.1 oz. each) skinless, boneless salmon, drained and chunked

1/4 cup sliced black olives (optional)

8 eggs

1/3 cup low-fat or skim milk

3 Tablespoons prepared pesto sauce

1/2 to 1 teaspoon salt, to taste

5 to 8 oz. crumbled goat cheese

Cooking spray

Description:

Preheat oven to 400°F. Coat a very large (10 to 12-inch) deep nonstick, oven-proof skillet with cooking spray. Over medium-high heat, add and sauté bell pepper, onion, mushrooms and garlic. Remove vegetables from pan to a bowl. Wipe out pan with a paper towel, then spray pan generously with cooking spray. Return vegetables to pan; sprinkle on salmon and olives. Beat together eggs, milk, pesto and salt. Pour over vegetables in pan, cook over medium-low heat, omelet-style, until sides are set, about 4 to 5 minutes. Sprinkle on goat cheese.

Transfer pan to center of oven, covering handle with foil, if necessary. Bake an additional 8 to 10 minutes or until frittata is puffy and eggs are firm in the center. Let stand 1 to 2 minutes before cutting into wedges. Serve immediately.

Recipe by Ryan and Sara Hall