

BREAKFAST FRITTATA AND HASHBROWNS

15-25ml	vegetable oil
1	large russet potato, DICED INTO SMALL CUBES
4 slices	bacon, CHOPPED
60ml	yellow onion, DICED
30ml	red onion, DICED
2	mushroom, CHOPPED
1	garlic clove, MINCED
1/6	red pepper, DICED
1/6	green pepper, DICED
½	fresh tomato, DICED
3	large eggs
2 ml	seasoned salt
2 ml	dried parsley
1 ml	black pepper
60 ml	grated cheddar cheese
60 ml	grated mozzarella cheese

Preheat the broiler in your oven. Adjust your oven rack to 2 levels below the top.

Peel and dice up your potato (**make the cubes small so they will cook quickly**) using the proper technique for dicing so you get small even squares of potato that will cook evenly. In a non stick Teflon pan heat up your oil on med heat and cook up your diced potatoes till tender, about 10 mins.

Season as desired while they are cooking using FRESH HERBS FROM MAGEE'S GARDEN OR dry ones from the cupboard. Remove to a separate plate and keep warm in your oven on low.

In the same pan cook up the bacon for a few minutes to let the fat start to leak out. Then add both of the onions, the garlic, the peppers and cook till tender. Add the zucchini quickly at the end so it doesn't get overcooked.

In a small bowl beat up the three eggs with the spices and pour evenly over top of the vegetable mixture in the pan. Cook gently on med heat until the egg starts to set and dry out around the edges but the middle is still a little wet.

Sprinkle the three cheeses over the top and transfer the frying pan to under the broiler for 2-3 mins until the cheese is bubbly and golden and the eggs are set firm. Remove from the pan using your black plastic flipper and slide out carefully like a large flat omelet onto your cutting board and cut into wedges. Serve with hash brown potato cubes.