

Rosemary Ham Pepper and Arugula Frittata

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Ingredients:

- 5 eggs
- 1/4 cup of milk
- 1 large shallot, sliced
- 5 slices of rosemary ham, chopped
- 1 small red bell pepper, diced
- salt and pepper to season
- 2 handfuls of Swiss and Gruyère cheese blend
- 1 handful of baby arugula, roughly chopped
- fresh Italian parsley, finely chopped (optional)

Preparation:

Preheat the oven to 350 degrees F.

In a medium bowl, beat eggs and milk together. Set aside.

In a 10-inch skillet over medium heat sauté shallots, ham and pepper until shallots are softened. Season with salt and pepper. Transfer ham mixture to a bowl and set aside.

In the same skillet over medium heat, pour eggs into the skillet and add in the ham mixture. Distribute them evenly in the skillet then add in 1 handful of cheese. Then layer in the arugula and then the other 1 handful of cheese. Be sure to distribute them evenly in the pan. Transfer skillet into the oven and bake for 10-15 or until eggs are set. Cut into wedges and serve.