Green Bean & Garlic Frittata

from 'The Garlic Cookbook'



1/2 small green pepper, chopped

1/2 small onion, chopped

3 1/2 tablespoons olive oil

1 1/2 pounds green beans, Blue Lake, if possible (you may also use haricot verts, if available)

3/8 cup bread crumbs, I use Panko

1/4 cup Parmesan cheese, grated (use the good stuff and use more if desired)

2 tablespoons dry sherry

2 whole eggs, beaten (or Eggbeaters)

2 large garlic cloves, minced

1/2 tablespoon Italian seasoning

1/8 teaspoon salt, or more if needed

1/16 teaspoon pepper, or more if needed

1/8 teaspoon paprika

Appetizers, Cold Food, Picnic, Vegetables/Sides

Carolyn T's Blog - Tasting Spoons: http://tastingspoons.com

Servings: 7

Preparation Time: 15 minutes

This is very garlicky, and it's a relatively healthy vegetable. You can substitute Eggbeaters for the whole eggs, if desired with almost no decrease in flavor. If serving as an appetizer, I think they're best served at room temp or slightly warm.

1. Preheat oven to 325. Prepare green beans, trimming only the stem end and leave whole. Steam or simmer in water until barely tender. Undercook rather than overcook them.
2. In a large pan sauté green pepper and onion in a small amount of the olive oil. When limp, add beans, bread crumbs, Parmesan, sherry, eggs, garlic and seasonings - except paprika. Taste it for seasoning and add more salt if needed.
3. Place bean mixture, arranging the beans in one direction, no more than about 1/2 inch thick, in 2-quart baking dish and sprinkle additional Parmesan and the paprika on top. Bake for about 20-30 minutes. Don't over bake or the beans will get wrinkled and tough. May be served hot from the oven, or at room temp, or chill and serve cold. Can be either a vegetable or an appetizer.

Per Serving (excluding unknown items): 155 Calories; 9g Fat (54.6% calories from fat); 6g Protein; 12g Carbohydrate; 3g Dietary Fiber; 63mg Cholesterol; 167mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.