

**Rosemary Potato Frittata**



**4 SERVINGS**

Nutrition Facts per Serving:

Calories: 409 Protein (g): 21

Fat (g): 19 Carbohydrate (g): 24

# Ingredients:

¼ cup olive oil

1 large clove of garlic, crushed

1 pound baby potatoes

1 small onion

3-4 sprigs of rosemary, chopped

12 eggs, beaten

½ cup low fat milk

½ cup Parmesan cheese

Salt and freshly ground pepper

**Instructions:**

1. Heat oven to 450 degrees. Heat the olive oil in a medium skillet over medium-low heat with crushed garlic.
2. Add potatoes and onions to the skillet and season with rosemary, salt, and pepper to taste. Raise heat slightly and cook 6-7 minutes. Turn the potato/onion mixture over and cook for 5 minutes more.
3. In a large bowl, whisk eggs and milk together. Add egg mixture to the skilled and move them around and under the potatoes to settle them.
4. Transfer the skillet to the oven and bake until golden on top, 10-12 minutes. Scatter the cheese on top, turn the oven off and let sit for another few minutes. Remove from the oven and serve.