

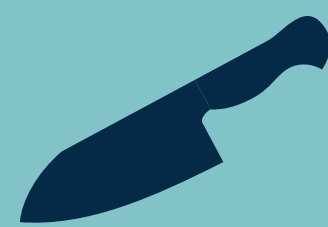
DIRECTIONS:

1. Preheat oven to 400 degrees.
2. In a large skillet, heat 1-2 teaspoons olive oil on medium high heat. Add onions. Cook 5 minutes. Turn down heat to medium or medium-low. While cooking, fold in 1 sprig of rosemary. Stir off and on and cook 15-20 minutes. The onions should turn deep brown. Add a sprinkle of salt and remove rosemary sprig. Store the onions in the fridge or move to the next step in making the frittata.
3. Grease a pie plate with cooking spray. Roast potatoes 25-30 minutes. Add onions. In a large bowl, whisk together eggs, Parmesan cheese, 1/2 tsp. salt and 1/4 tsp. pepper. Pour egg mixture on top of the potato and onions.
4. Bake in the oven for 30 minutes or until the egg dish is set in the middle. Sprinkle with dried or fresh rosemary.
5. Serve warm.

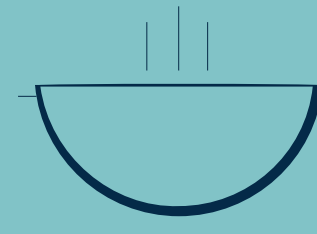
INGREDIENTS:

- 2 small sweet potatoes, peeled and sliced lengthwise down the middle then 1/4" thick
- 1 large Vidalia onion, (sliced thin)
- 2 sprigs rosemary
- Olive oil
- Salt and pepper
- 8 large eggs or 7 XL eggs
- 2 ounces shredded Parmesan cheese
- 1 tsp. dried rosemary or 3 Tb. fresh rosemary, (chopped)

**SWEET POTATO AND
CARAMELIZED ONION FRITTATA**
Courtesy of Whisk Together



PREPERATION
30 mins



COOKING
1 hour



SERVES
6 persons

