

Vital Recipes

Wild Salmon Frittata

Salmon and eggs are perfect breakfast or brunch companions, and this dish combines the two in delicious style.

In fact, the Italian term frittata is just another name for the better known French quiche. Accordingly, it makes a great dinner or lunch option ... in which case, you may want to prepare the spicier version we describe.

To make this dish spicy, substitute pepper jack or pepper cheddar for plain cheese, and use a Cajun or Creole seasoning or our Organic Paprika instead of our Organic Salmon Marinade seasoning.

Prepare Time: 10 minutes; **Cook Time** 20 minutes

Serves 4

Ingredients:

Organic extra virgin olive oil or organic macadamia nut oil

3/4 cups bell pepper strips (red or orange)

3/4 cups yellow onion

7 whole eggs

1/2 cup water

Homemade seasoning: Sea salt, garlic, lemon peel, onion, fennel, black pepper, dill weed, red pepper

2 cans (7.5 oz. each) Wild Red Traditional Style Sockeye Salmon OR two 6 oz cans Skinless-Boneless Wild Red Sockeye Salmon, drained and chunked

1 cup (4 oz.) shredded Cheddar or Jack cheese, divided (3/4 cup and 1/4 cup)

- Preheat oven to 400°F.
- Spray or brush a 9-inch baking dish lightly with oil.
- Sauté peppers and onions 6 to 8 minutes in a hot, lightly oiled pan, until just beginning to soften. Transfer to baking dish.
- Beat together eggs, water and seasoning. Stir in salmon and 3/4 cup cheese. Pour egg mixture over peppers and onions. Top with remaining 1/4 cup cheese.
- Bake 18 to 20 minutes, until puffed and golden.

Nutrients per serving: 324 calories, 20g total fat, 8g saturated fat, 56% of calories from fat, 366mg cholesterol, 31g protein, 4g carbohydrate, 1g fiber, 846mg sodium, 368mg calcium and 1500mg omega-3 fatty acids

