



## [Artichoke and Cheese Frittata](#)

Recipe found on [AnnsEntitledLife.com](http://AnnsEntitledLife.com)

Prep Time: 15 Minutes

Cook Time: 50 Minutes

Total Time: 1 Hour 5 Minutes

### **Artichoke and Cheese Frittata Ingredients:**

- 2 TBSP Butter, divided
- ¼ cup canned Artichokes
- 1 cup diced, Mushrooms, Asparagus Tips or Spinach (mix and match if you like, this is total one cup)
- 1 cup Cheese, shredded or diced - use brie, Swiss, Gouda or asiago
- ¼ Onion, thinly sliced
- ¼ cup Half and Half
- 6 Large Eggs, lightly beaten (or 12oz egg beaters)

### **Artichoke and Cheese Frittata Directions:**

- Preheat oven to 350°.
- Grease a 1 quart casserole or quiche pan with 1 TBSP butter.
- Drain artichokes, quarter them and place them in the bottom of the baking dish.
- Dice or shred cheese.
- Spread cheese atop the artichokes.
- In a small pan, sauté onions in 1 TBSP butter. As they soften, add mushroom, asparagus tips or spinach to onion, heat until tender, approximately 5 minutes.
- In medium sized bowl beat eggs and the half and half together.
- Add sautéed vegetables, stir to combine.
- Bake at 350° for 40 minutes or until set and edges are slightly browned.