



Green Frittata with Mozzarellissima



 Yield: 4 servings

 Preparation : 30 minutes

 Cooking : 55 minutes

340 g (12 oz) of fresh spinach, stems and central rib removed
12 green onions, thinly sliced
5 ml (1 tsp) of hot pepper flakes (optional)
15 ml (1 tbsp) of olive oil
8 eggs
80 ml (1/3 cup) of **Neilson, Dairyland or Baxter** sour cream - 14% M.F.
320 g (1 package) of **Saputo Light** shredded **Mozzarellissima** cheese
45 ml (3 tbsp) of **Neilson, Dairyland or Baxter** salted butter
60 g (1/2 container) of **Saputo** grated **Parmesan** or **petals**
Freshly ground salt and pepper to taste
Chopped flat parsley to taste

Preheat oven to 165°C (325°F).

In a large stock pot filled with boiling, salted water, blanch the spinach for about 1 minute. Drain and rinse under cold water. Spin dry, chop and spin again. Set aside.

In a large non-stick pan, sweat the onions and pepper flakes in the oil for about 5 minutes until the onions become translucent. Set aside at room temperature.

In a bowl, combine the eggs, sour cream, salt and pepper. Beat with a whisk for 1 minute.

Add the spinach, onions and shredded **Mozzarellissima**.

In an ovenproof non-stick pan, heat the butter and pour the egg mixture into it. Place in the preheated oven for about 45 minutes or until fully cooked.

Cool for 10 minutes then unmould carefully. Cut into portions and serve with parsley and Parmesan.