

Inexpensive Eating

Salmon Frittata

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2 T butter
8 eggs, beaten
1 t hot sauce
3 T milk
1 t Dijon mustard
4 scallions, chopped

1 t dried dill (1 T fresh dill)
3 T chopped parsley (1 T dried)
1 C cottage cheese
5 oz. can of salmon, flaked
Salt & pepper to taste

Preheat oven to 400°. Additionally, place a medium, oven-safe, nonstick sauté pan over medium heat.

In a large mixing bowl, mix eggs, hot sauce, milk, Dijon mustard, scallions, dill, and parsley. Stir in cottage cheese and salmon. Salt and pepper to taste.

Add butter to sauté pan. Once the butter starts to bubble, add the egg mixture and transfer sauté pan to preheated oven. Bake for 25-30 minutes.

Remove frittata to a cutting board and let rest for 1-2 minutes. Cut into wedges and serve.

Serves 4.

