

Onion & Mushroom Frittata Recipe

<https://thesagechef.substack.com/p/onion-mushroom-frittata>

Yield: about 4 servings.

Total time: about 40-45 minutes, including some clean up.

Cook time: about 30 minutes.

Ingredients

- 2 tbsp. olive oil
- 1 cup chopped onion. Mine weighed 5.5 ounces
- 1/2 pound Baby Bella mushrooms, sliced thin
- 1 tsp. dried tarragon, or 1 tbsp. fresh tarragon
- 6 eggs, whisked. I used my stick blender
- 1 Tbsp Butter (optional) - add when you add the eggs to the pan
- Sea Salt, to taste
- Black pepper, to taste
- 1/2 cup grated Parmesan (or cheddar or what you have on hand)

Cooking Directions

1. Preheat oven to 375
2. Put olive oil in an ovenproof frying pan

3. Heat on medium/high
4. Add onion and a pinch of salt
5. Cook until onion starts turning transparent
6. Add mushrooms, tarragon, sea salt and pepper
7. Cover and cook 3-5 minutes
8. Add eggs to the pan, and cook until just set
9. Sprinkle cheese on top
10. Put pan in the oven for 10-12 minutes
11. ENJOY!