

Potato Frittata with Feta and Scallions

Oversalted.wordpress.com



Ingredients

1 $\frac{3}{4}$ pounds red baby potatoes [**700 calories**]
3 slices thick-cut bacon, cut into $\frac{1}{4}$ -inch thick pieces [**240 calories**]
3 tablespoons extra-virgin olive oil, divided [**360 calories**]
2 tablespoons milk [**25 calories**]
 $\frac{1}{2}$ teaspoon salt
6 large eggs [**420 calories**]
1 bunch scallions, trimmed and sliced thin
3.5 ounces of crumbled feta [**270 calories**]
Salt and pepper to taste, to season the potatoes
Cast-iron skillet or large, ovenproof pan

Recipe

Serves 6-8

Calories per slice: 335 per slice (for 6) or 250 per slice (for 8)

Pre-heat the oven to 400 degrees Fahrenheit. Scrub the potatoes under cold water, then slice into very thin pieces, about $\frac{1}{4}$ -inch thick, to resemble potato chips. Spray a large casserole dish or two medium-sized roasting pans/baking sheets with Pam, and then add 2 tablespoons of oil and swirl around to coat. Arrange the potatoes in the dish/pan/sheet, trying to spread them out as much as possible for good, even roasting. Season the potatoes well with salt and pepper, and then roast for 30-40 minutes, flipping the potatoes halfway through, until fork tender. Let cool for 5 minutes before mixing with the other ingredients.

When the potatoes come out of the oven, heat the cast-iron skillet over medium-high heat and cook the bacon pieces in the remaining 1 tablespoon of olive oil until crispy, about 5 minutes. Remove the bacon to paper towels with a slotted spoon. Remove the cast-iron skillet from heat, and allow the bacon fat to cool for about 5 minutes; if you start throwing the potatoes in any sooner, you may end up burning them. Once the bacon fat is no longer spitting or bubbling, arrange the potatoes in the cast-iron skillet. Sprinkle the potatoes with the bacon, feta, and scallions.

In a small bowl, whisk together the eggs, milk, and salt with a few cracks of fresh black pepper. Pour the beaten egg mixture over the ingredients in the cast-iron skillet.

Cover the cast-iron skillet with aluminum foil, and then bake for 20 minutes. Remove the foil, and then bake for another 10-20 minutes, or until the center is set (test with a toothpick to make sure the eggs are no longer runny) and the edges of the frittata are puffy. If there's a lot of excess fat or grease on the top of your frittata, pat it dry with paper towels and then slice and serve.