



CAPTAIN COOK'S MINI CORN AND POTATO FRITTATAS

These are great for breakfast, lunch or dinner.

- 1 bunch organic scallions
- 2 garlic cloves, minced
- 3 T organic olive oil
- 1 large organic potato, peeled and diced
- 2 C organic corn kernels
- 4 organic eggs
- $\frac{1}{2}$ C organic cheese, shredded
- Salt and pepper, to taste

1. Preheat oven to 375
2. In skillet, heat oil and saute scallions and garlic until soft, about 2 minutes.
3. Add diced potato and cook until tender, about 8-10 minutes.
4. Add corn and salt and pepper for about another minute
5. Whisk together eggs, cheese and salt and pepper.
6. Add potato and corn mixture
7. Pour into individual ramekins.
8. Bake for 15-20 minutes until set and golden
9. Yields 4-6

Tip: you can also make this in a big skillet and then put the skillet in the oven to set the top of the frittata for 5 minutes or so. If you have a plastic handle, be sure and cover with aluminum foil.