



Our Family Recipes

Lou's Artichoke Frittata

(Louise Cheran Yerkes Thompson)

Side Dishes

2 jars (960 ml) artichokes hearts in water, cut up (try Cynara brand from Costco.)
Salt& pepper
6-8 T Parmesan cheese
4-6 T onion, chopped
4-6 pinches oregano
4-6 T parsley
12 eggs, beaten extra-well

Add all ingredients in mixing bowl.

Pour mixture into 9 x 12 glass pan.

Bake at 350° for 45 minutes to 1 hour.

Place under broiler until top is golden brown.

Cool or refrigerate for next day. Serve cold.

Add more of the ingredients you like. Experiment.

Also good with mushrooms.

Or try with thawed frozen spinach instead of artichoke hearts.