

Potato & Onion Frittata with Harissa

Super healthy frittatas are an easy brunch or finger food appetizer dish that can be served either hot or cold. Serve with a green salad and you have a delicious holiday brunch treat!



4 tablespoons of Olive Oil
3 yukon gold potatoes, finely chopped
2 medium onions, finely chopped
10 large eggs
½ cup milk
1 cup flour
¾ cup Harissa Sauce
2 teaspoons baking powder
Salt & pepper
8 oz grated pepper jack cheese
1 cup chopped green onions

Garnishes: Harissa Ketchup, Sour Cream & Chives

Preheat oven to 375F. Foil 9 x 13 casserole and spray with oil, coating sides and bottom of dish. Heat oil and saute onions until lightly golden. Add potatoes, salt and pepper to taste and sauté another 5 minutes on medium heat. Set aside & cool.

Beat eggs, flour, baking powder until combined. Add milk, ½ cup Harissa Sauce, salt and pepper to taste. Add onion and potato to eggs and pour into casserole. Add cheese and top with green onions. Swirl ¼ cup harissa over top for color & taste. Bake 30 minutes until set. Cut into squares and serve with Harissa Sauce and sour cream garnish on the side.

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