



# ITALIAN PASTA FRITTATA

Serves 12

6 oz dried spaghetti  
2 Tbsp. olive oil  
4-5 cloves garlic, minced  
2 Tbsp. fresh basil (can use dried)  
1-2 medium zucchini, sliced  
1 cup sweet onion, diced  
1 cup medium red pepper, diced  
1 ½ cups mushrooms, diced



10 eggs  
1 cup buttermilk/heavy cream (either is fine)  
1 cup parmesan cheese  
1 tsp. dry mustard  
8 oz. pkg. cream cheese, cubed and softened

24 Grape Tomatoes

Preheat oven to 350 degrees. Place 12 individual ramekins on a large, rimmed baking tray and lightly coat inside of each one with olive oil.

Cook spaghetti according to directions, drain and divide equally into bottom of each ramekin.

In sauté pan, heat olive oil and sauté garlic, basil, zucchini, red pepper, onions, mushrooms just until tender. Layer the veggies over the pasta.

In bowl, mix eggs, buttermilk/heavy cream, dry mustard, cream cheese and parmesan cheese until slightly lumpy. (I use a stand mixer for this step.) Ladle the mixture over pasta and vegetables, top with 4 sliced grape tomatoes.

Cover with plastic and chill overnight. Bake uncovered for 1 hour, turning at 30 minutes. Serve with garlic toast points.

## MODIFICATIONS

Most any vegetable combination works in this dish. Just remember to change your spices to compliment your veggie blend. For example, rice noodles (instead of pasta), carrots, red onion, crimini mushrooms, snow peas and water chestnuts with coriander or five-spice creates an Asian inspired breakfast feast.