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## Frittata Florentine

Eggs are not just for breakfast. Whip up a nutritious and delicious frittata for dinner in just 20 minutes.

Prep Time: **10 minutes**    Cook Time: **10 minutes**    Serves: **4**

### Ingredients

- 1/4 red onion, chopped
- 1 clove garlic, minced
- 1 tablespoon (15 mL) olive oil
- 2 plum tomatoes, diced
- 1 red or green pepper, diced
- Large handful of spinach or arugula, chopped
- 1/2 cup (125 g) frozen sweet corn, thawed
- 8 eggs, beaten
- Grated Parmesan cheese

### Directions

- Preheat oven to 350°F (180°C).
- In a nonstick, ovenproof skillet, cook onion and garlic in a tablespoon (15 mL) of olive oil over medium heat.
- Add tomatoes, sweet pepper, spinach, and corn; sauté for a few minutes. Add beaten egg mixture to skillet and cook until just set.
- Sprinkle with cheese and bake until light golden.
- Serve with a green salad.
- Wine pairing:** Dry sparkling wine  
A refreshing complement to egg dishes.

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