



## **“Chef at the Market”**

**August 29, 2009**

### **Jason Wade – Corner Pocket**

#### **Oyster Mushroom and Patty Pan Frittata**

4 oz. oyster mushrooms, core removed and sliced  
4 oz. patty pan squash, halved or sliced depending on size  
½ cup diced tomato  
2 Tablespoons finely chopped onion  
1 teaspoon finely chopped garlic  
6 eggs, lightly whisked  
¾ cup shredded Monterey jack cheese  
1 Tablespoon butter  
Salt & Pepper to taste

Preheat oven to 425 degrees. Preheat small sauté pan with an ovenproof handle to medium-high. Melt butter in pan; sauté onions and garlic until translucent. Add mushrooms and patty pan and sauté until tender. Add tomatoes and reduce heat to medium-low. Add eggs and evenly distribute filling. Cook until the eggs set around the edge of pan (the middle will still be uncooked). Top with cheese and place pan in hot oven until the center is set, about 5 minutes. Let frittata rest 2 minutes; slice and serve with your favorite garnish (fruit, cottage cheese, salad greens, chili pepper sauce, ...)

Serves 2.