

# Broiled Heirloom Tomato & Rosemary Frittata

MIND foods: Vegetables, olive oil

Serves 2

Time: 40 minutes

Difficulty: Easy

## Ingredients

- 1 T extra-virgin olive oil
- ½ small yellow onion, diced
- ¾ cup quartered heirloom cherry tomatoes, divided
- 1 T chopped fresh rosemary, divided
- 4 eggs, whisked
- Salt and pepper, to taste



## Method

1. Preheat the broiler.
2. In an oven-safe, 8-inch pan, heat olive oil over low-medium heat. Add onion and sauté until fragrant, 1 to 2 minutes. Add ½ cup cherry tomatoes until warmed through and liquid begins to simmer, 2 to 3 minutes. Sprinkle with salt and pepper, if desired.
3. Add most of the rosemary and stir for another minute. Liquid in pan will thicken slightly into a sauce-like consistency.
4. Pour eggs into pan and quickly and gently stir to evenly distribute ingredients. Let sit, cooking until edges begin to pull away from pan, about 10 minutes. Turn off heat.
5. Top with remaining rosemary and a final dash of salt and pepper, if desired. Gently place remaining ¼ cup tomatoes on top of frittata, cut side up.
6. Transfer pan to broiler for 1 to 2 minutes until top is lightly browned.
7. Remove from broiler and let cool for 1 to 2 minutes before serving.