

# Caramelized Onion and Potato Frittata

## Ingredients

6 Eggs, separated  
1/4 C ricotta  
2 onions, sliced  
1 teaspoon dried thyme  
salt and black pepper  
1 large russet potato, sliced thinly  
2 tablespoons olive oil  
1 oz. crumbled goat cheese  
1/4 c cheddar cheese, shredded

## Directions

1. Preheat the oven to 300
2. In a small bowl, combine the egg yolks, ricotta, goat cheese and half the cheddar. In the bowl of a stand-mixer, whip the egg whites to soft peaks - about 2 minutes.
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4. In a heavy skillet, heat half of the olive oil. Add the onions and season with salt, pepper and thyme, sauté until the onions begin to caramelize - about 5 minutes.
5. Arrange the potato slices in an even layer on the bottom of the pan.
6. Fold the egg whites into the egg yolk mixture and pour evenly into the pan.
7. Add remaining cheddar cheese and bake in the oven until the middle is firm but not collapsed – about 12-15 minutes.
8. Remove the pan from the oven and allow to cool slightly before serving.