

04/09/11 - Passover Mufleta

As I mentioned in my last post of Individual Meginas, Nina and I had a bit of filling left over. Shall I banish it to the back of the refrigerator in a small plastic container only to be forgotten and re-discovered when it is past its prime? No, let's complete the circle and use it right now!

For a delicious Mufleta, a cross between a frittata and an omelet:

1 tablespoon of olive oil

4 extra large eggs

$\frac{3}{4}$ cup of left over filling

$\frac{1}{3}$ cup chopped parsley

$\frac{1}{3}$ cup small diced onion



Preheat a skillet, I recommend non stick for this. Beat the 4 eggs in a large bowl. Add the leftover filling. Next, add the diced onion and the parsley. Whisk the ingredients altogether.



Pour the eggs and filling into the preheated skillet. Spread it out evenly and turn down the heat. Cover the eggs to give them a chance to poof-up and cook through. Uncover and flip the whole thing to brown the opposite side. Season the eggs with a little salt and pepper. Slide the whole thing out of the skillet onto a dish and serve cut into wedges.



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