

Lavender Artichoke Frittata

Serves 4-6 generously or 50 bite size appetizer servings

2 (8 oz.) packages frozen artichoke hearts, thawed, coarsely chopped	1/2 cup fine dry bread crumbs (sourdough bread is great)
2 tablespoons olive oil	1/2 teaspoon sea salt
2 small red onions, chopped	1/4 teaspoon freshly ground pepper
4 garlic cloves, minced	4 cups shredded sharp (or extra sharp) cheddar cheese
8 large eggs	2 teaspoons Little Sky ground culinary lavender, or to taste
	1/2 pound mushrooms, sliced

Pre-heat oven to 325° F. Use non-stick cooking spray or line with parchment paper, a 9x13 baking dish. Sauté artichoke hearts in olive oil for about 5 minutes, in a large skillet, over medium heat. Add onion, garlic and mushrooms, cook until onions are soft.

In a large bowl, beat eggs with a fork. Stir in bread crumbs, salt, pepper and lavender. Stir in the cheese and artichoke mixture. Pour into the baking dish and spread evenly. Bake for 30 minutes, or until top is firm to the touch.

Cut into desired serving size or into bite-sized squares for an appetizer. Serve hot, room temperature or cold. This dish also freezes beautifully. Some embellishment suggestions: chopped green chili's, sun-dried tomatoes, bell peppers, or any of your favorite herbs. Use your imagination and have fun!

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