



## Salmon Frittata with Fresh Dill

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Credits: Food and Our Bones, Plume New York

This is great for a light lunch or hearty breakfast. Serve this with whole grain bread for breakfast, and add a mixed green salad for lunch. The recipe scales up well, and it's good cold too.

2 servings

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Storage:** Refrigerated for up to 1 day

**Type of Dish:** Breakfast, Main Course - Fish & Seafood

### Ingredients

- 1 7.5-ounce can salmon, without oil or salt
- 1/2 teaspoon salt
- 2 teaspoons fresh lemon juice
- 1 tablespoon chopped fresh dill or 1 teaspoon dried oregano and basil
- freshly ground black pepper
- 2 eggs
- 1 teaspoon butter or extra virgin olive oil

### Instructions

Preheat the broiler.

Drain the salmon and transfer to a medium bowl.

Mash the salmon with a fork to break up all the pieces, skin, and bones. Stir in the salt, lemon juice, and dill, and mix well with the fork. Grind in a sprinkling of black pepper.

Break the eggs into the salmon and mix in thoroughly. Heat the butter in a medium non-stick or cast iron skillet over medium heat until bubbling. Use a spatula to spread it evenly. Lower the heat to low and cook for 5 to 6 minutes, or until the sides are set. The whole frittata should slide around when you shake the pan.

Place the skillet under the broiler and cook until the top is golden and the frittata is cooked through, about 3 minutes. (You can also glide the frittata onto a plate and turn it over into the pan, and cook another 3 minutes.) Slide the frittata onto a work surface, cut in half, and serve immediately.



Photo: Lori Eanes Photography