

Artichoke Frittata

submitted by Janet McElroy

Ingredients

- 1/2 lb fresh mushrooms, sliced
- 1 c chopped onions
- 1 Tbsp vegetable oil
- 1 10-oz package frozen spinach
- 5 large eggs
- 2 6-oz jars marinated artichoke hearts, drained
- 1 1/2 c sharp Cheddar (6 oz)

Directions

Slice mushrooms and saute with onions in oil. thaw spinach and drain well. (Allow 3-4 hours for spinach to thaw and drain.) Beat eggs lightly and combine with mushrooms, spinach, artichoke hearts and cheese. bake covered in buttered 1 1/2 quart casserole at 350 degrees for 45 minutes.

- 1.
2. Mold 1/4 cup serving of sticky rice on dessert plates. Drizzle with sauce and sprinkle with sesame seeds.
3. Divide mango slices among plates.