

Mangia Bene, Viva Bene

By FRANK ZEOLI

Potatoes, Peppers and Eggs



Talking about my grandmother via these recipes continues to bring my memory back to some of the best comfort food I have ever had. This is a dish that I have got to say is probably one where the smell of the food brings me back to my childhood. There is nothing like the smell of peppers and onions frying in the kitchen. I can still see my grandmother standing at the stove in her house coat making **Potatoes, Peppers and Eggs**.

This dish should be a breakfast food and for American kids it would be. But for us, it was served any time of day, even at lunch. I especially enjoyed it between two pieces of freshly baked Prinzo's Italian bread.

Eating it today transports me back to my grandmother's kitchen.

Prep Time: 10 Minutes
Ingredients

- 1 large green or red pepper, slice julienne in half
- 1 medium onion, sliced julienne in half
- 1 large russet potato, peeled, cut in quarters, sliced thin

Cook Time: 20 Minutes

- 1 T of olive oil
- 2 T of grated parmesan cheese
- 8 eggs
- Salt and pepper to taste

Instructions

1. Chop the peppers, onions, and potatoes (I like to use a mixture of both green and red peppers). In a separate bowl, add the eggs, parmesan cheese and a pinch of salt and pepper. Beat the mixture well.

2. In a 10-inch skillet or sauté pan on medium high heat, add the olive oil and potatoes; sauté them for about 2 minutes. Add the onions and peppers and continue to sauté for another 4-5 minutes until the vegetables and potatoes are cooked.

3. Reduce the heat to medium and add the egg mixture. Make sure the eggs cover all the vegetables and potatoes. Let the eggs set occasionally moving the eggs from the side to allow all the liquid egg to hit the pan.

4. After about a minute, using a plate flip the mixture over and return it to the pan on the opposite side. Continue cooking for another minute or two.

5. Turn off the heat and, using a plate again, flip the mixture on to the plate and serve.

Enjoy it as is or, like me, between two pieces of good Italian bread.



Look for more recipes in the next edition of the SIAMO Qui.

