

# Artichoke fritata

*A fantastic breakfast or brunch entrée. Serves 4.*

2 bunches green onions, chopped  
8 saltine crackers, crushed  
1 jar marinated artichoke hearts  
1 can artichoke hearts, chopped  
½ lb mild cheddar cheese  
½ lb sharp cheddar cheese  
½ bunch fresh parsley, chopped

8 eggs beaten  
½ tsp salt  
¼ tsp pepper  
¼ tsp dry mustard  
Tobasco sauce to taste

Saute onions in marinade from artichoke hearts.

Mix all ingredients and pour into greased casserole dish. Bake 40-50 minutes, covered, in 300 degree oven.