



## FRITTATA

*Frittatas are an easy all-purpose family friendly menu item; they can be served hot, warm, at room temperature or cold as a late-night snack. They can be served for breakfast, brunch, lunch or as breakfast-for-dinner. Most refrigerator vegetable bins contain a random and lonely zucchini, half onion, sweet pepper, or a handful of dark leafy greens so frittatas can also use up produce that might not make it as a full-on side dish.*

*It's also an easy way to use up leftover cooked vegetables from the day before and minimize food waste. That extra baked potato, the cup of sautéed zucchini, the extra chopped onion, or the leftover roasted mushrooms are all ingredients that can be part of a delicious frittata meal.*

*Ratios are the important part of making a frittata, the recipes below are just some examples of what can be made remembering: 2 Cups of cooked vegetables, 8-10 eggs (depending on egg sizes since some home pastured and organic eggs are not necessarily sized), ¼ Cup of milk or cream (substitute water if there is lactose intolerance), and up to ½ Cup of cheese as an extra option.*

### **Ingredients:**

2 C of cooked, sliced potatoes -scrub well and do not peel. Quarter or halve the potatoes length-wise and slice into ¼ inch slices and boil in well salted water until tender but not mushy.

3 T Olive oil, divided

1 C Onion, diced

Salt and black pepper, optional pinch of dried chili flakes

2 tsp. Parsley, Rosemary or Thyme, fresh, chopped, optional

8 Eggs, large, cracked and whisked well

¼ C Whole fat milk, half/half or heavy cream (substitute 2 T. water if lactose intolerant or no dairy is available)

### **Method:**

Pre-heat oven to 375° F. Have all of your ingredients, ready and next to your cook top because once you start, it will go quickly.

Whisk eggs together with either the dairy product or water and season with salt, black pepper and optional chili flakes and herbs, if using. Make sure that eggs are well emulsified so that the whites are not clumped together.

Heat a cast-iron skillet or non-stick fry pan (with no plastic handle) over medium heat until hot. Add 1 T of olive oil to pan and swirl or spread oil in pan with a heat-proof spatula or wooden



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spoon until pan is evenly coated. When the oil is hot, add the onions, season with a pinch of salt and lower heat. Stir and cook until the onions are translucent but not browned. Add 1 T of oil, add the cooked potato slices. Season with a pinch of salt and black pepper. at the onion-potato mixture evenly over the pan and add eggs evenly over the pan. Let the eggs sit for a full minute without stirring. Then, using a heat-proof spatula or wooden spoon, scrape around the edges of the pan and lift the pan so uncooked eggs can fill in around the edges of the pan. Add cheese, if using and place the pan into the oven and cook for 10-12 minutes are set but not firm. Rest for 5 minutes before serving if serving immediately.

Serves 6-8

### **Other Combinations:**

Onions, raw, ½ C.

Kale, raw, sliced into thin ribbons, 2 C

Mushrooms, raw, sliced, 1 C.

Onions, raw, ½ C

Zucchini, raw, 1 ½ C (about 1 small)

Poblano pepper, raw, ¼ C, diced (about ½), substitute sweet pepper

Corn kernels, fresh raw or frozen, ½ C

Onions, ½ C

Potatoes, cooked, 1 C

Zucchini, 1 ½ C (about 1 small)

*The only thing to remember is that the vegetables is they to be cooked and hot and in a single layer when the eggs are added to the pan. If vegetables that release water are used (kale, mushrooms, spinach, tomatoes) the vegetables should be cooked until dry or the egg mixture will be diluted. Don't be afraid of adding minced garlic if that flavor is in your wheelhouse. If using the optional cheese, grate and add to the egg mixture.*