

## **Stove top Frittata**

### **Ingredients:**

1 large onion  
2 cloves garlic  
1 tablespoon olive oil  
1 green bell pepper  
1 tomato, seeds removed  
1 large handful spinach  
6 eggs  
1/2 cup milk  
1 large handful shredded cheese

### **Directions:**

1. In a large bowl, whisk together eggs and milk. Set bowl aside.
2. Chop onion and roughly mince garlic.
3. Heat olive oil in a large skillet over medium-low heat. Add onions and garlic and sauté until tender and translucent, about 10 minutes.
4. Meanwhile, dice bell pepper and tomato.
5. Add bell pepper and tomato to skillet and cook until pepper is tender, about 5 more minutes.
6. Add spinach and cook until spinach is just wilted.
7. Add egg mixture evenly to skillet. Do not stir or whisk.
8. Sprinkle with cheese. Do not stir or whisk in cheese.
9. Cover and let cook for about 15 minutes or until eggs have set and cheese is melted.

Adapted from Spoon University

## Use it Up Frittata

### Ingredients:

6 large eggs  
6 oz. leftover roasted vegetables, cutting into ½ inch pieces (about 1 ½ cups)  
½ cup leftover cooked grains  
1 oz. coarsely grated or crumbled cheese  
1 tablespoon finely chopped herbs such as thyme, basil, or chives  
Kosher salt  
Ground black pepper  
2 tablespoons extra virgin olive oil

### Instructions:

Whisk 6 eggs in medium bowl until streak-free.

Add vegetables, grains, cheese and herbs; season with salt and pepper. Mix with a spatula to combine.

Heat 1 tablespoon oil in medium nonstick skillet over medium heat; swirl skillet to coat with oil.

Add egg mixture and cook until edges are set, about 30 seconds

Using spatula, agitate eggs by scraping bottom of skillet in a small circular motion and bringing edges toward center of pan to form large curds, then let mixture sit undisturbed until edges are set again, about 1 minute.

Reduce heat to low and continue to cook, tilting skillet and lifting edges up with spatula to allow uncooked egg to flow underneath and around sides until surface is wet but center is mostly set when you shake the pan, about 5 minutes.

Shake skillet to loosen frittata. Place a large plate over the skillet and invert frittata onto plate.

Heat remaining 1 tablespoon oil in skillet over medium. Slide frittata back into skillet; reduce heat to low. Cook until set all the way through, about 3 minutes.

Let cool in skillet 5 minutes, then invert on cutting board.

Season with salt & pepper. Cut into wedges.

Adapted from *Bon Appetit*