



Basic Frittata

Ingredients

3 tablespoons of olive oil
1/2 cup of diced onions
8 large eggs
1/2 cup of milk
Pinch of salt
Pinch of pepper
Choice of fillings (see examples below)

Preheat your oven to 375°F.

Basic recipe

Heat 3 tablespoons of olive oil in a 10" oven-safe skillet over medium heat. Add 1/2 cup diced onions. Cook until softened and translucent, about 5 minutes stirring occasionally.

Meanwhile, whisk 8 large eggs in a large bowl with 1/2 cup of milk, 3/4 teaspoon salt, and 1/4 teaspoon pepper.

Pour the egg mixture and any additions into your skillet and cook just until edges start to pull away from the pan. This will take 5 minutes. Transfer skillet to oven and bake until set, 16 to 18 minutes. Be careful when taking the skillet out of the oven.

Filling Add-ins. Use your own creativity and enjoy!

Mushroom, asparagus and feta: Sauté mushrooms and asparagus with onion. Add additions to egg mixture in skillet and sprinkle with 3 ounces of feta cheese.

Roasted tomatoes, mozzarella and chopped basil: Roast grape tomatoes ahead of time. Drizzle with a little olive oil and roast whole grape tomatoes at 400°F for 20 minutes or until the skins begin to burst. Add tomatoes, shredded mozzarella and feta to egg mixture in skillet.