

RECIPE GUIDE: Frittata

A frittata is a great dish that can be served at breakfast, lunch or dinner. The best part is that you cook and serve everything from the same skillet.

Yield: 4 servings



Eggs and Protein - 6 eggs plus 4 ounces of cooked chicken, turkey, fish or shellfish, sausage, or ham; or 1 cup cooked or canned chickpeas or other bean - drain well; or 6 ounces tofu - drain well



Vegetables - 2 cups chopped bell peppers, onion, zucchini, celery, peas, potatoes, green beans, asparagus, tomatoes or sundried tomatoes, mushroom, bokchoy, spinach, kale, chard



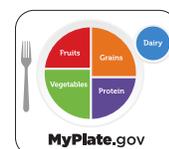
Grain - 2 cups cooked pasta; or 1 cup cooked quinoa or bulgur



Dairy - 1/2 cup low fat milk + 1 cup shredded low-fat cheese



Toppings (optional) - 2 tablespoons chopped fresh herbs, chopped green onion



PROCEDURE and TIPS

Step 1:

Combine eggs and milk in a bowl. Season with salt and pepper. Beat until all ingredients are well mixed. Set aside.

Step 2:

Heat 1 tablespoon of olive oil or vegetable oil in a large nonstick ovenproof skillet. Add the vegetables (except tomatoes) and saute over medium-high until cooked, 4-8 minutes, depending on the vegetable. Add your chosen protein, except beans or tofu, and saute until cooked through.

Step 3:

Meanwhile, turn on the broiler in the oven.

Step 4:

Add the eggs, pasta or grain, beans, and/or tomatoes to the skillet, if using. Stir in 3/4 cup of the cheese. Tilt the pan around to spread the eggs around, filling over the surface. Lift the end of the cooked egg mixture and let the liquid eggs run underneath. Do this a few times. Turn the heat to the lowest you can get your stove. Cover and cook for 3-5 minutes. The bottom will get golden but the top may still be a little runny. Remove the lid and sprinkle remaining 1/4 cup of cheese around the top.

Step 5:

Transfer the skillet into the oven and broil for 2-3 minutes (pan should be around 6 inches from the broiler) or until the frittata is slightly puffy and a few spots turn brown. Cook to an internal temperature of 160 degrees F.

Step 6:

Top with fresh herbs, if using. Let rest for a few minutes before serving. Cut into wedges.

Tips for success:

- Serve with warmed or toasted whole wheat bread on the side instead of adding the GRAIN portion in the frittata.
- Experiment with any of your favorite vegetables.
- Serve the frittata with heated pasta sauce or salsa for added flavor.
- If you don't have an ovenproof nonstick skillet, you can transfer the frittata mixture in Step 3 into a greased 9 x 9- inch pan and bake in the oven at 375 degrees F for 20-25 minutes.
- To prevent the eggs from sticking to the pan, preheat the nonstick skillet with the oil on very low heat for about 2-5 minutes.

