

Frittata Recipe, plus 5 Variations

Prep Time: 5 mins

Cook Time: 25 mins

Total Time: 30 mins

Serves 3 to 4



Here is a basic frittata recipe plus 5 easy & delicious vegetable frittata variations.

Equipment

- 10-Inch Cast Iron Skillet (I like to use an enameled cast iron skillet)

Ingredients

Basic Frittata Recipe:

- 6 large eggs, use 8 eggs for a 12-inch skillet
- ¼ cup unsweetened almond milk, or any milk
- 2 garlic cloves, minced
- ¼ teaspoon sea salt, more for sprinkling
- Freshly ground black pepper
- Extra-virgin olive oil, for drizzling
- Choose ingredients for one of the variations below:

Variation #1: Broccoli Feta (pictured)

- 6 scallions, chopped
- 2 cups chopped broccoli or broccolini
- ⅛ teaspoon smoked paprika
- ¼ cup crumbled feta cheese

Variation #2: Roasted Red Pepper & Spinach

- 1 shallot, chopped
- 2 roasted red bell peppers, chopped
- 2 cups spinach
- ⅓ cup crumbled feta cheese

Variation #3: Spring Veggie

- 4 spring onions or scallions, chopped
- ½ cup chopped asparagus, tender parts
- ½ cup frozen peas, thawed
- ½ cup halved mini mozzarella balls
- ¼ cup crumbled feta
- ¼ cup chopped tarragon or chives

Variation #4: Mixed Mushroom & Tarragon

- 1 shallot, chopped

- 12 ounces mixed mushrooms, chopped
- ¼ cup chopped tarragon
- ⅓ cup grated pecorino cheese

Variation #5: Caprese

- 1 shallot, chopped
- 2 cups halved cherry tomatoes
- ¾ cup halved mini mozzarella balls
- ½ cup sliced basil

Instructions

1. Preheat the oven to 400°F.
2. Whisk the eggs, almond milk, garlic, and salt until well combined. Set aside. Follow the instructions to make one of the vegetable variations below:

3. Broccoli Feta:

Heat 1 tablespoon olive oil in a 10 or 12-inch cast-iron skillet over medium heat. Add the scallions, broccoli, and a pinch of salt and pepper and cook, stirring occasionally, until the broccoli is tender but still bright green, 5 to 8 minutes. Stir in the smoked paprika, then add the egg mixture and gently shake the pan to distribute. Sprinkle with the feta and bake 15 to 20 minutes or until the eggs are set. Season to taste and serve.

4. Roasted Red Pepper & Spinach:

Heat ½ tablespoon olive oil in a 10 or 12-inch cast-iron skillet over medium heat. Add the shallot, and a pinch of salt and pepper and cook until translucent, about 5 minutes. Add the roasted red peppers and spinach. Sauté until the spinach is wilted, then add the egg mixture and gently shake the pan to distribute. Sprinkle with the feta and bake 15 to 20 minutes or until the eggs are set. Season to taste and serve.

5. Spring Veggie:

Heat ½ tablespoon olive oil in a 10 or 12-inch cast-iron skillet over medium heat. Add the scallions, asparagus, and a pinch of salt and pepper and cook, stirring occasionally, until the asparagus is tender but still bright green, about 5 minutes. Add the peas, then add the egg mixture and gently shake the pan to distribute. Add the mozzarella and feta and bake 15 to 20 minutes or until the eggs are set. Season to taste and serve.

6. Mixed Mushroom & Tarragon:

Heat 1 tablespoon olive oil in a 10 or 12-inch cast-iron skillet over medium heat. Add the shallot, and a pinch of salt and pepper and cook until beginning to soften, about 3 minutes. Add the mushrooms, stir, and cook until soft and tender, about 8 minutes, stirring only occasionally. Stir in the tarragon, then add the egg mixture and gently shake the pan to distribute. Sprinkle with the pecorino and bake 15 to 20 minutes or until the eggs are set. Season to taste and serve.

7. Caprese:

Heat ½ tablespoon olive oil in a 10 or 12-inch cast-iron skillet over medium heat. Add the shallot, and a pinch of salt and pepper and cook until translucent, about 5 minutes. Add the tomatoes, half the basil, stir, then add the egg mixture and gently shake the pan to distribute. Add the mozzarella and bake 15 to 20 minutes or until the eggs are set. Top with the remaining basil. Season to taste and serve.

Find it online at <https://www.loveandlemons.com/frittata-recipe/>