

## **Frittata-Yummy Morning, Noon & Night!**

What is a frittata? Originated in Italy, it is basically an omelette that is flat, firm and baked in the oven. Some call it a crustless quiche. Perfect for any meal from breakfast to dinner. They are easy, delicious, and a great dish for a brunch.

### **Basic Frittata Recipe:**

6 Large Eggs, 8 Eggs for a 12-inch Skillet  
¼ Cup Milk or Half & Half or Heavy Cream  
2 Garlic Cloves, minced  
¼ Teaspoon Sea Salt  
¼ Freshly Ground Black Pepper  
*More Than Olives Olive Oil*

Choose a recipe below or get creative and use a recipe below as a guide and incorporate ingredients you have in your refrigerator.

### **Fresh Veggie Frittata**

4 Scallion Onions, cleaned & chopped  
½ Cup Asparagus, tender parts chopped  
½ Cup Yellow or Crookneck Zucchini, sliced & quartered  
½ Cup Cherry Tomatoes, halved  
½ Cup Mozzarella, shredded  
½ Cup Cheddar Cheese, shredded  
¼ Cup Basil or Chives, chopped

Preheat the oven to 400 degrees. In a small bowl, add together the ingredients of the Basic Frittata Recipe and gently whisk them, just until combined. Set aside to add into the pan later.

Using an oven proof 10 or 12-inch sauté pan (cast iron is great) drizzle your choice of *More Than Olives Olive Oil*. (*Arbequina "Estate" Extra Virgin, Garlic Olive Oil, or Basil Olive Oil*)

Heat the *More Than Olives Olive Oil* and add the prepared veggies, except tomatoes, and cook until they are just beginning to get tender. Stirring occasionally.

When the veggies are ready, stir in the herbs and tomatoes. Pour in the frittata base, gently distributing it among the vegetables. Sprinkle the frittata with the cheese and put the pan in oven.

Bake for 15 to 20 minutes, or until the eggs are set firm and the top is lightly golden. Allow the frittata to cool slightly before slicing and serving.

### **Roasted Red Pepper, Mushroom, Spinach & Sausage Frittata**

1 Shallot, cleaned & diced  
1 Roasted Red Bell Pepper, chopped

2 Cups Fresh Spinach, chopped  
4 Ounces Ground Sausage, your choice of flavor (country, hot, chicken, breakfast)  
6 Ounce Fresh Mushrooms, sliced  
1 Cup Mozzarella Cheese, shredded or Feta Cheese, crumbled

Preheat the oven to 400 degrees. In a small bowl, add together the ingredients of the Basic Frittata Recipe and gently whisk them, just until combined. Set aside to add into the pan later.

Using an oven proof 10 or 12-inch sauté pan (cast iron is great) add the ground sausage and cook until the sausage is fully cooked. During the cooking process break up the sausage into small pieces. Drain the cooked sausage and set aside.

In the same pan, drizzle your choice of *More Than Olives Olive Oil*. (*Arbequina "Estate" Extra Virgin, Garlic Olive Oil, or Basil Olive Oil*)

Heat the More Than Olives Olive Oil and add the prepared shallots and mushrooms. Sauté them until they are just beginning to get tender and the moisture from the mushrooms has evaporated. Then add into the pan the roasted red bell peppers, cooked sausage and spinach. Stir the mixture to combine.

Pour in the frittata base egg mixture, gently distributing it among the cooked mixture. Sprinkle the frittata with the cheese and place the pan to oven.

Bake for 15 to 20 minutes, or until the eggs are set firm and the top is lightly golden. Allow the frittata to cool slightly before slicing and serving.

### **Tips for the perfect Frittata:**

**The Eggs-** Gently beat the eggs just enough to blend the whites and yolks. Overbeating will cause the frittata to poof up in the oven, then fall when cooling.

**Cheese-** A Frittata doesn't have to have cheese but it is a great ingredient to help bind the frittata together. Any cheese will work- goat cheese, cheddar, feta, mozzarella, gouda, or Swiss.

**Moisture-** Watery ingredients like tomatoes, zucchini, mushrooms can make your frittata a little too juicy. Try to get that moisture to evaporate by stirring often during the sautéing process.

**Feeding a crowd-** A frittata can easily be doubled and turned into an egg-bake casserole. Just use a greased 9×13-inch baking dish and bake until the eggs are set. Cool slightly and cut into squares.