

Simple Stove Top Frittata

What to make with remaining eggs & ingredients? Why not a frittata! Combine cooked potatoes & veggies, chop and add fresh eggs. This recipe uses the traditional Italian method cooking on a stove top. Enjoy for an easy weeknight dinner and delicious panino sandwich for next day lunch. 3-4 servings.

Simple ingredients:

- 2 ½ tablespoons Villa Graziella Organic extra virgin olive oil, separated.
- 6-7 fresh eggs, room temperature, if possible organic
- 1 ½ cups cooked/roasted vegetables; onions, peppers, potatoes or zucchini.
- 3 tablespoons cream, milk, or dairy alternative.
- 2 tablespoons grated cheese-cheddar, mozzarella, parmesan or romano.
- 1 teaspoon sea salt + extra to taste.
- 1 teaspoon fresh cracked pepper + extra to taste.

Easy Directions

1. In a large bowl lightly beat eggs & milk, until streak free, season with salt & pepper. Add vegetables & cheese to the eggs, stir to combine with a spatula.
2. In a 10-inch nonstick skillet, heat 1 ½ tablespoons olive oil over medium heat; swirl to coat the entire surface, including the sides.
3. Add the egg & veggie mixture to the skillet, cook about 2 minutes without touching.
4. Using the spatula gently mix the eggs by scraping the bottom of the skillet in a small circular motion bringing the edges towards the center to form large curds. Allow the mixture to sit as the edges set, about 1 minute.
5. Lower heat, tilt the skillet and lift the edges up with the spatula letting the uncooked egg flow underneath and around the sides, until the top is wet, but the center is set when shaking the pan-about 5 minutes.
6. Gently shift the skillet to loosen the frittata, when it begins to brown on the bottom, move to the sink area & place a large dinner plate (12") or spare frying pan upside down over the skillet.
7. With one hand holding the skillet handle & the other hand on top of the plate, hold steady to flip the skillet over with the frittata sliding onto the plate, set aside.
8. Heat the remaining 1 ½ tablespoon olive oil over medium heat, swirl to coat the entire skillet again. Let the skillet warm about 25-30 seconds. Slide the plated frittata back into the skillet. Use the spatula to shape the sides and cook for 3 minutes.
9. Remove skillet from heat and allow to rest about 5 minutes.
10. Invert the frittata on a cutting board, cut into wedges, serve & enjoy!

Where does the word frittata come from? The Italian verb friggere means to fry as egg dishes are commonly cooked in olive oil using a frying pan.

Helpful Hints:

- To avoid eggs sticking, use a nonstick pan or well-season cast iron pan.
- Make 1 day ahead. Refrigerate in a glass container & bring to room temperature before serving.
- Create your own frittata combination using leftover spinach, artichokes & feta cheese. Broccoli, cheddar cheese & green onions. Cherry tomatoes, zucchini & mozzarella cheese.