

Kitchen Refrigerator Frittata



TIME TO PREPARE

15 minutes



COOK TIME

20 minutes



SERVING

4-6 People



Ingredients

- 6 eggs
- 1/4 cup cream or milk
- Salt & pepper to taste
- 5 bacon slices. chopped or 1/2 cup chopped meat, optional
- 2 cups chopped raw vegetables (eg: onions mushrooms, peppers, tomatoes or whatever you have)
- 1 cup cooked potatoes, rice, pasta noodles or dried bread cubes, optional
- 2 cloves garlic minced
- 1/4 cup additions (eg: sun-dried tomatoes, olives)
- 1 1/2 cups chopped greens (eg: spinach, arugula, Swiss chard, kale)
- 1/2 cup grated or crumbled cheese, optional

Steps to Cook

1. Preheat oven to 350°F. In a bowl, combine eggs and cream with a fork (you don't want to over mix. The eggs should be combined but still very thick; set aside.)
2. Heat a large non-stick ovenproof skillet (a cast iron is great too). If using bacon, cook bacon over medium high heat until crisp. Using a slotted spoon, transfer to a bowl and drain all but 1 tbsp fat from pan.
3. If you aren't using bacon, heat 1 tbsp olive oil in skillet and add raw vegetables, potatoes and cooked meat, if using. Cook over medium heat for 5 to 10 minutes, adding more oil if necessary until moisture released from vegetables has evaporated and vegetables are tender and browned.
4. Add garlic and any additions you may be using and cook, stirring about 1 minute until fragrant and heated through. Add greens with a little more oil and cook stirring for 1 minute until moisture has evaporated and greens are wilted.
5. Pour in egg mixture and cook without stirring, until the bottom is set, about 5 minutes. Sprinkle cheese over top, if using.
6. Transfer skillet to preheated oven and bake until egg is barely set, about 10 minutes. Cut into wedges and serve.

Main Dish Recipes

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