

How to Make a Perfect Frittata

1
Preheat oven
375°F
190°C

2
Sauté or
reheat veggies
& proteins in
large skillet
until fully
cooked.

3
In a bowl, whisk
together 6 eggs &
1/2 cup milk.
Stir in Herbs &
Spices.

4
Pour egg mix
evenly over
skillet mixture.
Sprinkle cheese
over top.

5
Cook over
medium-low heat
without stirring
for 3 minutes.

6
Transfer oven
and bake until
set [~30-35
minutes].

Basic Ingredients

6-8 eggs
1/2 cup milk
~ 2 cups cooked vegetables
~ 1 cup cooked protein [optional]
1 - 1 1/2 cups grated cheese
Herbs, spices, seasonings as desired

For best results, use a 12-inch cast iron or other heavy, oven-safe skillet.