

Recipes Made Simple

Recipe Templates give you an easy step-by-step guide to using foods that you already have on-hand that would otherwise go to waste.

This handout includes:

- A **FRITTATA Made Simple** template that can be used with any vegetables such as zucchini, corn, or bell peppers
- A recipe for **Tomato Basil Frittata**, showing the **FRITTATA Made Simple** template using basil, tomatoes, and garlic

FRITTATA Made Simple

EGGS	+	VEGETABLES	+	SEASONINGS	+	OPTIONAL MEAT OR DAIRY
12 Whole Eggs		1-2 cups Choose any: Bell Peppers, Leafy Greens, Carrots, Tomatoes, Onions, or Mushrooms		To Taste: Fresh or Dried Spices: Chili Powder, Dill, Basil, Garlic, Rosemary, Thyme, or Parsley		3/4 cup Choose any: Cooked Lean Meat Low-Fat Milk or Shredded Cheese

1. Preheat oven to 350° F.
2. Chop vegetables (can be large or small pieces, depending on your preference) and set aside. If using, chop cooked meat into smaller pieces.
3. In a large mixing bowl, crack whole eggs and whisk together. Add in chopped vegetables, optional meat/fish or milk, seasonings, along with black pepper and a little salt.
4. Transfer mixture from mixing bowl into an oiled 9x13" baking pan. Stir in cheese on top, and bake for 30-45 minutes until eggs are set (no longer runny).

Tomato Basil Frittata

Servings per recipe: 8 slices

Ingredients

- 12 whole eggs
- 1 cup cherry tomatoes, sliced in half
- 1/2 onion, diced
- 2 minced garlic cloves
- 7-9 large, whole basil leaves
- Optional: 1/2 cup cheese (feta or mozzarella work well)
- Oil for pan
- Salt and pepper to taste

Directions

1. Preheat oven to 350° F.
2. Slice tomatoes, dice onion, and mince garlic cloves—set aside for later use.
3. If using mozzarella cheese, grate into bowl—if using feta cheese, crumble into bowl.
4. In a large mixing bowl, crack eggs and whisk together until smooth. Add in chopped vegetables and salt and pepper.
5. Transfer mixture from bowl into a well-oiled 9x13" baking pan. Top with cheese and arrange whole basil leaves, for garnish.
6. Bake 30-45 minutes until eggs are set (no longer runny).
7. Optional: Broil for 1-2 minutes for a little browning along the top of the frittata.

Materials

- Whisk • Measuring cups
- Cutting board • Sharp knife • Mixing bowls • 9x13" Baking pan

Chef's Notes

- Try using extra spices such as cumin and chili powder.
- **Source:** Adapted from Cooking Matters



Inter-Faith Food Shuttle

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