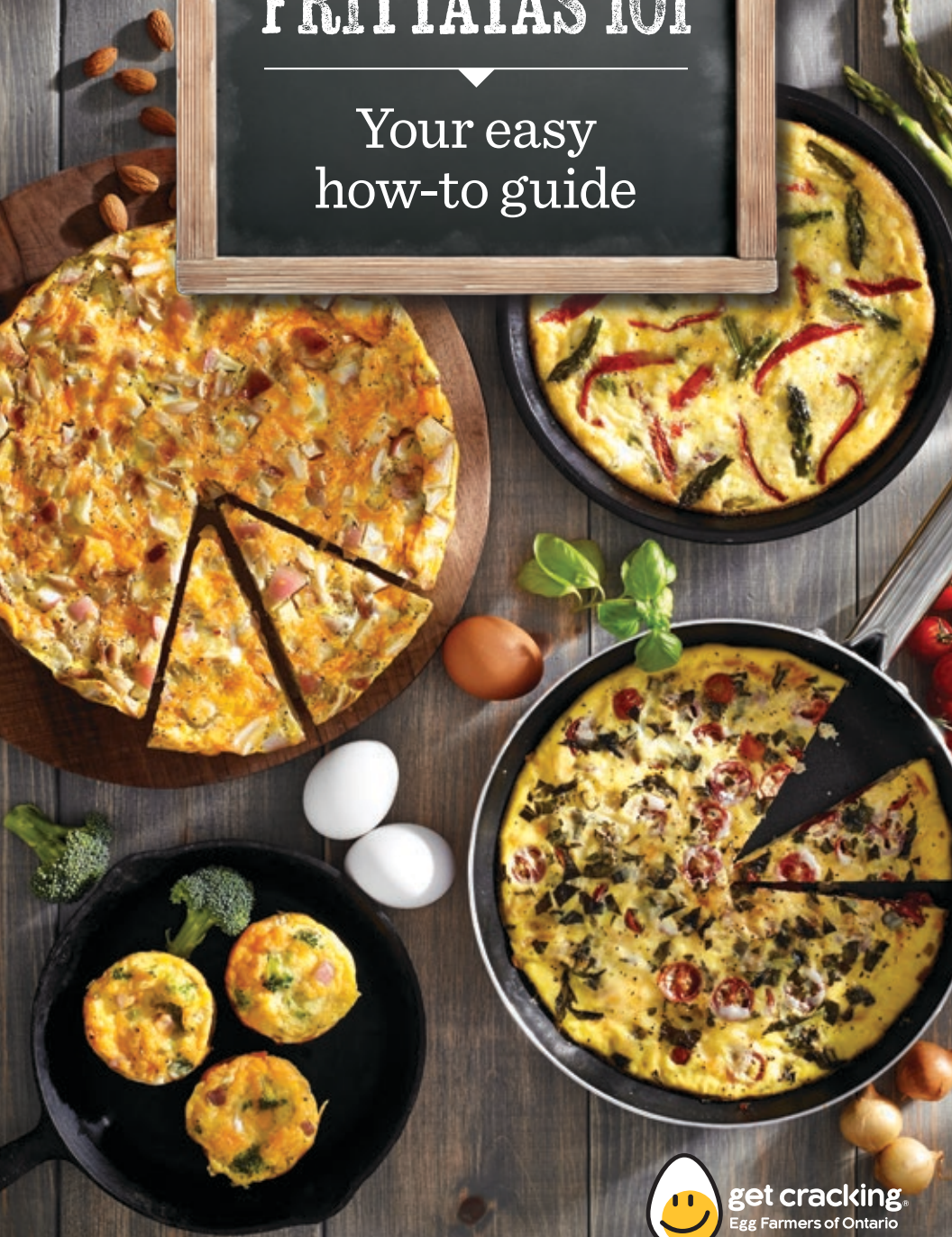


FRITTATAS 101

Your easy
how-to guide



get cracking
Egg Farmers of Ontario

MAKE ANY FRITTATA IN 3 EASY STEPS

Healthy and easy-to-make, frittatas are like crustless quiches loaded with tasty fillings.

SERVINGS: 6 **PREP TIME:** 10 min. **COOK TIME:** 25 min.

YOU'LL NEED:

- 12 eggs
- 1/4 cup (50 mL) milk
- 1/4 tsp (1 mL) EACH salt and pepper
- 3/4 cup (175 mL) cheese
- 2 cups (500 mL) filling ingredients (cooked and chopped)



1 In a large bowl, whisk eggs, milk, salt and pepper. Whisk in cheese. Set aside. Cook raw fillings. Heat 1 tbsp oil (15 mL) in skillet over medium-high heat. Add chopped fillings. Cook until softened, about 5 minutes.

2 Pour egg mixture into 10-inch (25-cm), oven-proof, non-stick skillet with cooked fillings.

3 Bake in oven at 375°F (190°C) until puffed, golden and set, about 25 minutes. Add toppings.

FRITTATAS ARE VERSATILE AND EASY TO PREPARE!

MORE WAYS TO COOK YOUR FRITTATA



STOVE-TOP METHOD

Pour mixture into 10-inch (25-cm) skillet. Cook covered on stove over medium heat until set, about 18 minutes.



MUFFIN TIN METHOD

Divide mixture among 12 greased muffin cups. Bake in 350°F (180°C) oven until edges are set, about 10 minutes.



BAKING DISH METHOD

Pour mixture into greased 13 x 9-inch (33 x 23-cm) baking dish. Bake in 375°F (190°C) oven until set, about 25 minutes.

“EGGS-PERT” ADVICE

Once you master this basic method, use any combination of fillings you have on hand, including leftovers, to create a delicious deep-dish frittata.

FABULOUS FILLINGS!

Try Vegetables, grains, cheese, meats, fish, beans, lentils, salsa, pesto, herbs and spices.

Fall for our HAM, CHEESE & BROCCOLI FRITTATA

HAM, CHEESE & BROCCOLI FRITTATA

SERVINGS: 6
PREP TIME: 10 minutes
COOK TIME: 25 minutes

INGREDIENTS

EGG MIXTURE

12 eggs
1/4 cup (50 mL) milk
1/4 tsp (1 mL) EACH salt and pepper

FILLING

3/4 cup (375 mL) shredded Cheddar cheese
1 tbsp (15 mL) oil
1 medium onion, chopped
1/4 tsp (1 mL) EACH salt and pepper
1/2 cup (125 mL) ham, chopped
2 cups (500 mL) small broccoli florets
(fresh or frozen)

TOPPING (OPTIONAL)

1/4 cup (50 mL) chopped parsley

DIRECTIONS

Pre-heat oven to 375°F (190°C).

In a large bowl, whisk eggs, milk, salt and pepper. Whisk in cheese. Set aside.

In a 10-inch (25-cm), oven-proof, non-stick skillet, heat oil over medium-high heat. Add onion, salt, pepper, ham and broccoli. Cook until softened, about 5 minutes.

Pour egg mixture into skillet with fillings.

Bake until set and golden, about 25 minutes.

“EGGS-PERT” ADVICE

Add 1 head of roasted garlic
(cloves removed) to egg mixture.

APPLE, ALMOND & CHEDDAR FRITTATA

SERVINGS: 6
PREP TIME: 10 minutes
COOK TIME: 25 minutes

INGREDIENTS

EGG MIXTURE

12 eggs
1/4 cup (50 mL) milk
1/4 tsp (1 mL) EACH salt and pepper

FILLING

3/4 cup (175 mL) slivered almonds, toasted
3/4 cup (375 mL) shredded Cheddar cheese
1 tbsp (15 mL) oil
1 medium onion, chopped
1/4 tsp (1 mL) EACH salt and pepper
5 slices bacon, chopped
2 apples, seeded and chopped

TOPPING (OPTIONAL)

1/4 cup (50 mL) slivered almonds, toasted
1 apple, seeded and chopped

DIRECTIONS

Pre-heat oven to 375°F (190°C).

In a large bowl, whisk eggs, milk, salt and pepper. Whisk in almonds and cheese. Set aside.

In a 10-inch (25-cm), oven-proof, non-stick skillet, heat oil over medium-high heat. Add onion, salt, pepper, bacon and apples. Cook until softened, about 5 minutes.

Pour egg mixture into skillet with fillings.

Bake until set and golden, about 25 minutes.

Warm up to
winter with our

APPLE ALMOND & CHEDDAR FRITTATA

“EGGS-PERT” ADVICE

Substitute Cheddar cheese for 1/4 cup (125 mL) crumbled blue cheese and add 1 tsp (5 mL) dried rosemary with apples.

Spring into action with our

ASPARAGUS PEPPER & FETA FRITTATA

ASPARAGUS, PEPPER AND FETA FRITTATA

SERVINGS: 6
PREP TIME: 10 minutes
COOK TIME: 25 minutes

INGREDIENTS

EGG MIXTURE

12 eggs
1/4 cup (50 mL) milk
1/4 tsp (1 mL) EACH salt and pepper

FILLING

1/3 cup (75 mL) thinly sliced roasted red peppers
3/4 cup (175 mL) crumbled Feta cheese
1 tbsp (15 mL) oil
1 medium onion, chopped
1/4 tsp (1 mL) EACH salt and pepper
2 cups (500 mL) fresh asparagus cut into 1-inch pieces

TOPPING (OPTIONAL)

2 tbsp (30 mL) finely chopped chives or
1/4 cup (50 mL) croutons

DIRECTIONS

Pre-heat oven to 375°F (190°C).

In a large bowl, whisk eggs, milk, salt and pepper. Whisk in red peppers and Feta. Set aside.

In a 10-inch (25-cm), oven-proof, non-stick skillet, heat oil over medium-high heat. Add onion, salt, pepper and asparagus. Cook until softened, about 5 minutes.

Pour egg mixture into skillet with fillings.

Bake until set and golden, about 25 minutes.

“EGGS-PERT” ADVICE

Add 2 tbsp (30 mL) pesto
to egg mixture.

FAMILY-FRIENDLY PIZZA FRITTATA

SERVINGS: 6
PREP TIME: 10 minutes
COOK TIME: 25 minutes

INGREDIENTS

EGG MIXTURE

12 eggs
1/4 cup (50 mL) milk
1/4 tsp (1 mL) EACH salt and pepper

FILLING

3/4 cup (175 mL) shredded Mozzarella cheese
1/4 cup (50 mL) chopped fresh basil
1 tbsp (15 mL) oil
1 medium onion, chopped
1/4 tsp (1 mL) EACH salt and pepper
1 1/2 cups (375 mL) cherry tomatoes, halved

DIRECTIONS

Pre-heat oven to 375°F (190°C).

In a large bowl, whisk eggs, milk, salt and pepper. Whisk in Mozzarella and basil. Set aside.

Heat oil in a 10-inch (25-cm), oven-proof, non-stick skillet. Add onion, salt, pepper and cherry tomatoes. Cook until softened, about 5 minutes.

Pour egg mixture into skillet with fillings.

Bake until set and golden, about 25 minutes.

Make summer sizzle with our FAMILY FRIENDLY PIZZA FRITTATA



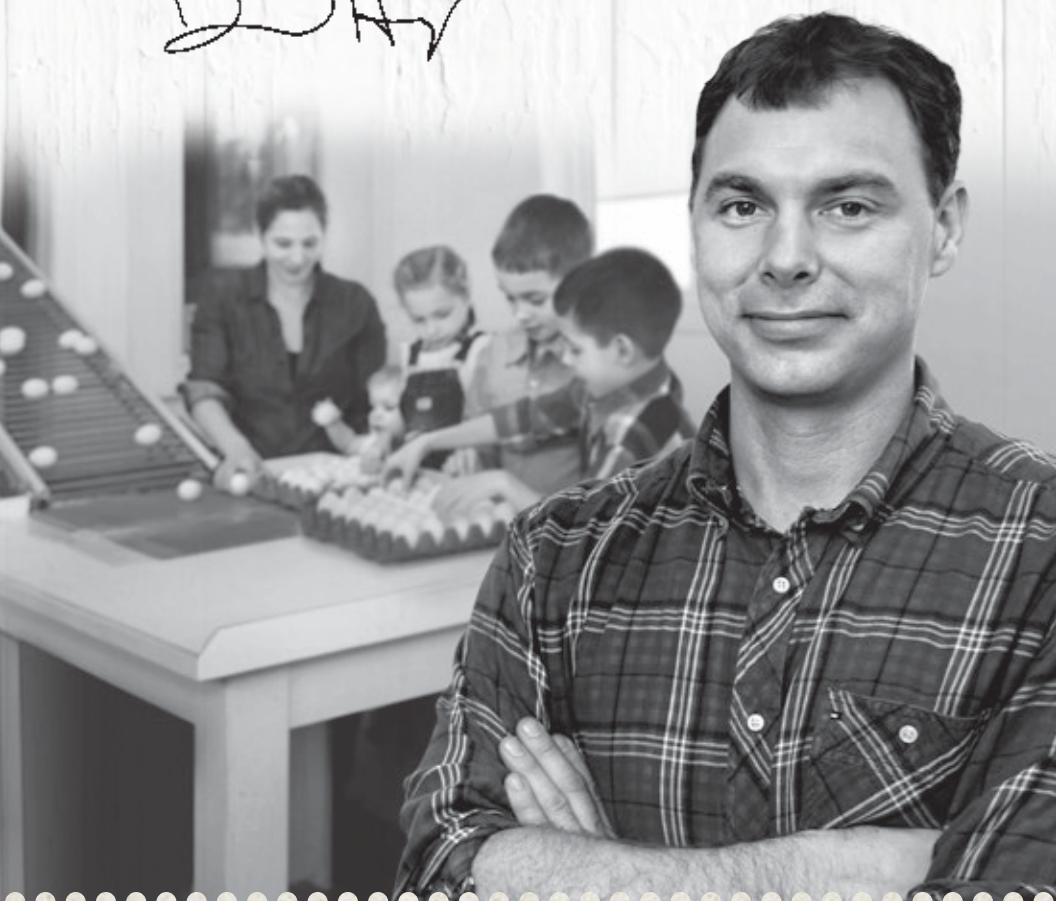
“EGGS-PERT” ADVICE

Top cooked, cooled frittata with
2 cups (500 mL) arugula.

FROM OUR FARM TO YOUR STORE IN 5 DAYS.

DAVE HAYES, EGG FARMER | TILLSONBURG, ON

D. Hayes



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Egg Farmers of Ontario

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