

Baked Frittata

Ingredients

- 8 large eggs
- 2–3 tbsp milk or cream
- Salt and black pepper
- 2 tbsp extra-virgin olive oil
- Vegetables (choose any mix, about 1–2 cups total)
 - zucchini or eggplant
 - mushrooms
 - tomatoes
 - potatoes, cooked until just tender
- Protein (optional)
 - pancetta
 - ham
 - breakfast sausage
 - chopped bacon
- 1 cup shredded cheese (cheddar, mozzarella, fontina, or a mix)
- Fresh basil, torn or chopped

Instructions

1. Preheat the oven to 375°F (190°C) and lightly grease a baking dish or oven-safe pan.
2. Cook the fillings in extra-virgin olive oil over medium heat until vegetables are soft and meats are fully cooked, then season lightly with salt and black pepper.
3. Whisk the eggs, milk or cream, salt, and black pepper until evenly combined.
4. Spread the cooked fillings in the baking dish, pour the eggs over the top, and sprinkle the cheese evenly across the surface.
5. Bake at 375°F (190°C) for 18–25 minutes, using 18–20 minutes for a thinner dish and 22–25 minutes for a deeper dish, until the center is just set.
6. Rest for 5 minutes, sprinkle with fresh basil, then slice and serve.

Note & Storage

- Cook high-moisture vegetables such as tomatoes or zucchini first to avoid excess liquid.
- Remove the frittata while the center is just set, as it will continue to firm up as it rests.
- Store leftovers in an airtight container in the refrigerator for up to 3 days.
- Reheat gently or enjoy at room temperature; freezing is not recommended.