

Basic Frittata Recipe

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4 large eggs
1/4 cup liquid, such as milk,
tomato juice or broth
1/4 tsp. dried thyme leaves
or herb of your choice
Salt and pepper to taste
1 cup filling *
2 tsp. butter or vegetable oil

**Make fillings from your favorite foods or from leftovers. Use a combination of meat, seafood or poultry, cheese, vegetables and cooked pasta or grains. Filling ingredients should be cooked, not raw. Pieces should be cut fairly small and drained well.*

1. Beat eggs, liquid, herbs and salt and pepper in a medium bowl until blended.
2. Add filling and mix well.
3. Heat butter in 6 to 8 inch non-stick omelet pan or skillet over medium heat until melted.
4. Pour in egg mixture and cook over low to medium heat until eggs are almost set, about 8-10 minutes. Remove from heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, 5-10 minutes. Cut into wedges to serve.
5. Makes 2 to 4 serving.