

Easy Baked Frittata Recipe

- Athena Li

Ingredients

7-12 eggs (depends on your pan size)

3 tbsp water (or milk)*

add in fresh or dried herbs you have in your pantry (you can try: dill, basil, parsley, oregano, thyme, salt and/or pepper)

3 cups of vegetables (preferably sautéed with a little bit of olive oil)

1 cup of shredded cheese (for stronger flavor, use a sharp cheese)

Directions

1. Preheat oven to 350°
2. If you are using uncooked vegetables, sauté vegetables in a drizzle of olive oil until softened.
If using frozen vegetables, drain well.
Boiled/blanched vegetables can be used. If you choose tomatoes, add them in raw.
3. In a large bowl, scramble 7-12 eggs. Add herbs (dried or fresh) and water, or milk. *Water results in a fluffier frittata, milk results in a creamier frittata.
4. Add vegetables, and mix well.
5. Pour in to your oven-proof pan and bake for 20-25 minutes, until edges are starting to brown and there is a slight jiggle in the center of the pan.