

# Italian Frittata

**Yield: Serves Four**

## **Basic Frittata Base Ingredients:**

2 tablespoons olive oil  
½ cup diced onions (or shallots or leeks)  
8 large eggs  
½ cup milk  
¾ teaspoon salt  
¼ teaspoon pepper  
½ cup grated cheese (in this case we are using baby mozzarella)

## ***Add ins:***

1 cup cooked and browned Italian sausage  
¼ cup grated parmesan cheese  
1 cup diced Roma tomatoes  
handful of fresh basil leaves, sliced thin  
1 cup baby spinach leaves, sliced thin



- Step 1:** Preheat oven to 350°F. Using a 10" oven-safe skillet begin sautéing onions and olive oil until the onions are translucent.
- Step 2:** In a medium-size bowl whisk together the eggs, milk, salt and pepper. Add the mozzarella and parmesan cheeses, the Roma tomatoes, the cooked sausage, and basil (spinach too if you are using). Stir well and carefully add the mixture to the hot skillet. You do not want to stir the mixture once it's in the skillet. This is not like making scrambled eggs. You want the eggs to set at the bottom over medium heat for about 5-7 minutes.
- Step 3:** Now it's time to put the pan into the oven (middle rack) and bake for 16 – 18 minutes (or until the eggs are completely set). Let it cool before inverting onto a cutting board or large round platter. Cut into wedges and serve. Frittatas can be made in advance and served at room temperature.