

Flavory Frittata

Recipe By Joy Devor



Cooking and Prep:  30
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Serves:  4

Contains: 

Preference: Parve

Difficulty: Medium

Occasion: Nine Days,
Passover

Diet: Gluten Free, Low Carb,
Vegetarian, Pescetarian

Source: Family Table by
Mishpacha Magazine

A frittata is a dish of Spanish origin that is also made in Italy. It is similar to an omelet, but I always think of it as a “stovetop crustless quiche” because, unlike an omelet in which the eggs are cooked and then wrapped around a filling, in a frittata all of the ingredients get mixed into one delicious dish. It’s perfect for a dorm room because it can serve as few or as many people as you need, depending on what you add to it.

Ingredients (6)

Main ingredients

- 1 large onion, diced
- 1 clove garlic, chopped or 1 cube [Gefen Frozen Garlic](#)
- 2 Idaho potatoes

1 box sliced mushrooms

9 eggs

Optional “add-ins:”

red bell pepper, green bell pepper, fresh or drained frozen spinach, fresh or drained frozen broccoli, slice zucchini, mozzarella cheese.

Start Cooking

To Parboil the Potatoes

1. Do not peel the potatoes; bring them to a boil in a pot of water for 10 minutes, until you can pierce them with a fork — but they should not be mushy.
2. Let cool, peel, and dice. You can do this the day before (or before you go to class).

Make the Frittata

1. In a large frying pan, sauté the onions in a generous amount of olive oil (coat the bottom of your pan). Add salt and pepper to taste; when the onions are a golden brown, add diced potatoes and sliced mushrooms. Salt and pepper it again to taste. This is where you'll add any of your add-ins. Red pepper is good for color and broccoli is especially delicious here. If you're adding cheese, wait and add it to the eggs.
2. Beat the eggs and add a dash of salt and pepper to them. If this is a dairy meal, you can add up to a half cup milk or cream to improve texture. If you are adding cheese to the eggs, you'll need less salt.
3. Add eggs to pan and stir. Cover pan and put on a low flame for 20 minutes until eggs set. It forms a nice crust on top and (hopefully) it should slide out if you turn it upside down. Serve with a dollop of sour cream, if desired. Or sauté some more onions and mushrooms and use that as a garnish.