

**Seasonal Eating**  
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**Frittatas Make Easy Weekend Breakfast**  
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Frittatas are an Italian dish that is similar to an unfolded omelet or crustless quiche. It makes a great breakfast or brunch dish for a cold weekend morning because it's easy (unlike a quiche), feeds several people (unlike an omelet) and uses whatever you have on hand.

A mixture of eggs, milk and seasonings is combined with whatever fillings you want to use. The mixture is cooked a few minutes on the stovetop in a skillet and then finishes in the oven for about 15 -20 minutes, just until the eggs are set. Then it is cut into wedges and served, either warm or room temperature.

One of the really good things about frittatas is that just about any filling can be used from meats, cheeses and vegetables to even leftovers. The filling is cooked first, especially vegetables that release a lot of liquid like onions, mushrooms or spinach. You can cook those in the skillet and then pour the egg mixture over the top. If you have leftover vegetables that are already cooked, like potatoes, asparagus, green beans, etc. just stir them into the egg mixture and pour into the pan. The recipe below uses leeks. Cut the dark green part off the top and discard. Slice the white portion in half lengthwise to rinse out any dirt caught between the layers. Then slice crosswise into half-moons and you're ready to sauté. Meats like cooked chicken, ham, sausage or bacon can be chopped up and added also.



Cheeses that melt well like Cheddar, Mozzarella, Swiss, Monterey Jack, etc. work well mixed into the eggs and give a creaminess to the filling. Parmesan cheese can also be added either into the eggs or sprinkled on top for a punch of flavor without the creaminess. Ricotta or feta cheeses can be added in small chunks to create pockets of cheesy goodness.

Be sure to season the fillings and then also the egg mixture with salt and pepper. From there you can add whatever herbs and spices you like. I like to add a little dry mustard powder to the mix and then some garlic powder, thyme, basil or rosemary, depending on the fillings.

Watch as it bakes so you don't overcook the eggs, they should just be set and no longer jiggle in the middle. It will continue to cook for a minute or so after coming out of the oven, especially if you are using a cast iron skillet.

So the next time you have a leisurely morning to enjoy a cooked breakfast, try a frittata.

Visit the Bedford County Extension website for more recipes and information about seasonal eating ([bedford.tennessee.edu](http://bedford.tennessee.edu)).

## **Mushroom, Leek and Spinach Frittata**

2 tablespoons olive oil  
1/2 large leek, cleaned and sliced  
8 ounces mushrooms, sliced  
1/4 teaspoon kosher salt  
1/4 teaspoon black pepper  
3 ounces fresh baby spinach  
8 eggs  
1/3 cup milk  
1/2 teaspoon kosher salt  
1/2 teaspoon dry mustard  
1/4 teaspoon garlic powder  
1/4 teaspoon black pepper  
1 teaspoon fresh thyme leaves  
1/2 cup shredded Monterey Jack cheese  
2 tablespoons grated Parmesan cheese  
1 tablespoon minced fresh parsley

In an ovenproof 10" skillet, heat the olive oil. Add the leeks, mushrooms salt and pepper and sauté until all of the liquid evaporates and the mushrooms are lightly browned. Add the spinach and cook until wilted and the liquid is cooked out. In a bowl, whisk together the eggs, milk, salt, mustard, garlic powder, pepper and thyme. Stir in the Monterey Jack cheese and pour into the skillet with the vegetables. Place in a 350 degree oven for 15-20 minutes until eggs are just set in the middle. Sprinkle with Parmesan cheese and parsley. Cut into wedges to serve.