

# FRIITTATAS

What's a frittata? Frittata is Italian for omelet while in Spanish an omelet is a tortilla (not to be confused with the Mexican pancake which is similar to a cornmeal crepe). This type of unfolded omelet is also sometimes called a pancake or open-faced omelet.

In any language, frittatas are fun! They're fast to fix, a real flash-in-the-pan main dish for a super supper, better breakfast, nutritious noontime meal or satisfying snack. Since a frittata is just as good cold as hot, you can even pack one along in your cooler for a tailgate party or wrap up a wedge for a take-along lunch.

Some people find frittatas easier to make than French omelets since you cook a frittata's filling right along with the eggs. And, frittatas are inexpensive, too! Eggs, the main ingredient, are one of today's best food buys. If you use leftovers for the filling, a frittata can be one of the most economical entrees you've ever served.

Check the tips that follow and try one of the recipes shown or use the basic recipe to create your own fantastic frittata.

## TIPS FOR MAKING FRIITTATAS OR TORTILLAS (Italian or Spanish Omelets)

• You might find it easier to slide a frittata onto a serving platter if you use a slope-sided pan. A vertical-sided pan will work well if you serve a frittata right from the pan or invert it onto a serving platter. A well-seasoned pan or one with a non-stick finish helps prevent sticking. If you finish a frittata under the broiler, a pan with an ovenproof handle is a MUST. You can make a frittata several different sizes depending on how many people you wish to serve. The chart in the following basic frittata recipe suggests pan sizes for various frittata sizes.

• One difference between a French omelet and a frittata is that you put all the frittata's filling ingredients into the pan with the egg mixture. Since a frittata's cooking time is too short to cook raw foods, saute or fully cook them before you add them to the egg mixture. The total cooking time depends on the frittata's size. Because a frittata cooks from the outside in, you can hasten a large frittata's cooking time by gently stirring the mixture to move the hotter outer portions towards the center. Try not to disturb the bottom or sides of the mixture while stirring. Use low to medium heat to avoid overbrowning the sides and bottom before the frittata's center sets.

• Another difference between a French omelet and a frittata is that a frittata is cooked on both sides. You can invert a small frittata onto a plate and then slip it back into the pan to cook the other side. You might find it easier, though, to cover the pan and let it stand off the heat for 3 to 10 minutes while steam cooks the top OR to broil the frittata about 6 inches from the heat for 2 to 3 minutes. Broiling is especially nice when you top a frittata with shredded cheese.

• There are three ways to serve a frittata. You can cut it into wedges (like a pie) and serve it right from the pan or slide an uncut frittata top-side up onto a platter. Either method is good for a cheese-topped frittata. You can also invert a frittata onto a platter and serve it browned-side up.

## BASIC FRIITTATA OR TORTILLA (Italian or Spanish Omelet)

Frittatas are a great way to use leftovers creatively and you can use a bit more or less than the suggested filling ingredient's amounts, if you use watery ingredients (like fresh tomatoes, cooked spinach or zucchini) cut down on or eliminate the liquid. Use seasonings that complement your filling ingredients and add a bit more than suggested if you like well-seasoned foods. The chart below is a general guide.

Servings	Filling ingredients**	Butter	Eggs	Liquid**	Seasoning/s	Pan Size
1	1/2 cup	1 Tbsp	2	2 Tbsps	1/8 tsp	6"
2	1 cup	1 Tbsp	4	1/4 cup	1/4 tsp	6-8"
3	1-1/2 cups	2 Tbsp	6	1/3 cup	1/4 tsp	8"
4	2 cups	2 Tbsp	8	1/2 cup	1/2 tsp	10"

Chop and cook any raw filling ingredient/s. Set aside. Melt butter in omelet pan or skillet with ovenproof handle over medium heat. Beat together eggs, liquid and seasoning/s. Stir in reserved filling ingredient/s. Pour into pan. Cook over low to medium heat until eggs are almost set. Cover pan, remove from heat and let stand 3 to 10 minutes. OR, sprinkle with shredded cheese, buttered bread crumbs, crushed corn flakes or tortilla chips, if desired. Broil about 6 inches from heat until cheese melts or topping is lightly browned.

Cut frittata into wedges and serve from pan, or either slide from pan or invert onto serving platter.

\*\*Well-drained cooked chopped vegetables, cooked rice or drained cooked macaroni, flaked drained canned or chopped cooked fish or seafood, crumbled drained cooked bacon or sausage, chopped cooked chicken or turkey, for example.

\*Water, milk, tomato juice, canned mushroom liquid, liquid drained from cooked vegetables, for example.

†To make handle ovenproof, wrap completely with aluminum foil.

## CARROT FRIITTATA 4 servings

Lunch, supper, late evening snack — this easy skillet meal is great anywhere. Let it star at a brunch next weekend.

1 cup shredded carrots  
1/2 cup chopped onion  
1/2 cup water  
8 eggs  
1/2 cup milk  
1/2 teaspoon powdered mustard  
1/2 teaspoon celery salt

1/4 teaspoon thyme or marjoram leaves, crushed, optional  
1/8 teaspoon pepper  
2 tablespoons butter  
Carrot slices, optional  
Parsley sprigs, optional

Combine carrot, onion and water in 10-inch omelet pan or skillet with ovenproof handle. Cover and cook over medium-high heat until carrots are cooked, about 5 minutes. Drain. Beat together eggs, milk and seasonings. Stir in carrot-onion mixture. Melt butter in same pan over medium heat. Pour egg-carrot mixture into pan. Cook over low to medium heat until eggs are almost set, 9 to 10 minutes. Broil about 6 inches from heat until eggs are completely set, 3 to 4 minutes. OR, cover pan. Remove from heat and let stand 5 to 7 minutes. Cut into wedges and serve from pan, or either slide from pan or invert onto serving platter. Garnish with carrot slices and parsley sprigs, if desired.

†To make handle ovenproof, wrap completely with aluminum foil.

## ZIPPY MUSHROOM FRIITTATA 2 servings

Both salad dressing mixes and bottled dressings are convenient ways to season a frittata. Try this recipe when you're in a hurry.

2 tablespoons butter  
1/4 to 1/2 lb. fresh mushrooms, sliced  
4 eggs  
1/4 cup bottled creamy cucumber salad dressing  
1/4 teaspoon onion salt  
1/4 cup (1 oz.) shredded Swiss cheese  
Watercress, optional

In 10-inch omelet pan or skillet with ovenproof handle over medium heat, cook mushrooms in butter until tender but not brown. Beat together eggs, salad dressing and onion salt. Pour into pan over mushrooms. Cook over low to medium heat until eggs are almost set, 6 to 8 minutes. Sprinkle with cheese. Broil about 6 inches from heat until eggs are completely set and cheese melts, about 2 minutes. Cut into halves and serve from pan or either slide from pan or invert onto serving platter. Garnish with watercress, if desired.

†To make handle ovenproof, wrap completely with aluminum foil.

## MACARONI AND CHEESE FRIITTATA 4 servings

Simply delicious! This hearty main dish could hardly be easier, and it will appeal to most everyone around your dinner table.

2 tablespoons butter  
8 eggs  
1/2 cup milk  
1/8 teaspoon pepper  
1 cup cooked elbow macaroni (about 1/2 cup uncooked)  
1 cup (4 oz.) shredded Cheddar cheese  
Cherry tomato slices, optional  
Parsley sprigs, optional

Melt butter in 10-inch omelet pan or skillet with ovenproof handle over medium heat. Beat together eggs, milk and pepper. Stir in macaroni and cheese. Pour into pan. Cook over low to medium heat until eggs are almost set, 9 to 10 minutes. Broil about 6 inches from heat until eggs are completely set and top is golden brown, 3 to 4 minutes. Cut into wedges and serve from pan or either slide from pan or invert onto serving platter. Garnish with cherry tomato slices and parsley sprigs, if desired.

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## ALMOST INSTANT FRIITTATA 2 servings

When it's rush hour in your kitchen, simply open a can, beat some eggs, put the skillet on the range and the main dish is practically finished. Add a salad, some Italian or French bread and you're done!

1 to 2 tablespoons butter  
4 eggs  
1 can (7 to 8 oz.) whole kernel corn, wax or green beans or mixed vegetables, undrained  
2 teaspoons instant minced onion  
1 teaspoon freeze-dried chives  
1/4 teaspoon seasoned salt  
Dash pepper

Melt butter in two 5- to 6-inch or one 8-inch omelet pan/s or skillet/s with ovenproof handle/s over medium heat. Beat together remaining ingredients. Pour into pan/s. Cover and cook over low to medium heat until eggs are almost set, 8 to 10 minutes. Remove from heat and let stand 5 minutes. Either slide individual frittatas from pans or invert onto serving plates. Cut double frittata into halves and serve from pan or either slide from pan or invert onto serving platter.

†To make handle ovenproof, wrap completely with aluminum foil.

## INCREDIBLE RICE FRIITTATA 4 servings

A combination of tangy green chilies, bright tomatoes and sturdy rice makes this frittata incredibly good eating!

1 tablespoon butter  
1/2 cup finely chopped onion  
8 eggs  
1/2 cup milk  
1 teaspoon salt  
1 teaspoon Worcestershire sauce  
4 to 5 drops hot pepper sauce  
2 cups cooked rice  
1 can (4 oz.) chopped green chilies, undrained  
1 medium tomato, chopped  
1/2 cup (2 oz.) shredded Cheddar cheese

In 10-inch omelet pan or skillet over medium heat cook onion in butter until tender but not brown. Beat together eggs, milk and seasonings. Stir in rice, chilies and tomato. Pour into pan. Cover and cook over low to medium heat until eggs are almost set, 12 to 15 minutes. Sprinkle with cheese. Remove from heat and let stand covered about 10 minutes. Cut into wedges and serve from pan or slide from pan onto serving platter.



Frittatas are fast to fix and fun to eat. Counterclockwise from top: Carrot Frittata, Zippy Mushroom Frittata, Macaroni and Cheese Frittata, Almost Instant Frittata and Incredible Rice Frittata.