


How to Make Frittatas (Stovetop or Baked)




Author: Cookie and Kate Prep Time: 20 minutes Cook Time: 25 minutes
Total Time: 45 minutes Yield: 8 servings  Category: Breakfast
Method: Varies Cuisine: Italian

★★★★★

4.9 from 96 reviews

Learn how to make the perfect frittata with this comprehensive guide! This recipe assumes you're cooking the vegetables in your skillet—if you're using leftover vegetables for the stovetop option, simply warm them in the skillet before adding the eggs. Recipe yields 1 large frittata or 18 mini frittatas (approximately 8 servings).

INGREDIENTS

SCALE   

- 12 eggs
- 3 tablespoons full-fat dairy (heavy cream, half-and-half, whole milk, sour cream, crème fraîche or yogurt)
- 1/2 teaspoon salt
- 1 cup (4 ounces) grated or crumbled cheese
- 3 to 5 cups vegetables or greens of choice (or 3 cups leftover cooked vegetables or greens)
- 1 tablespoon olive oil
- Garnish: Chopped or torn fresh, leafy herbs (basil, parsley, cilantro, or dill)



INSTRUCTIONS

1. Preheat the oven to 425 degrees Fahrenheit for the traditional stovetop method, or 350 degrees for the baked methods (casserole or mini/muffins).
2. Crack the eggs into a medium mixing bowl. Add your dairy of choice and the salt. Whisk just until the egg yolks and whites are blended. Whisk in all or half of the cheese (you can reserve the other half for topping the frittata before baking, if desired). Set the mixture aside.
3. Warm the olive oil in a 12" cast iron skillet or oven-safe non-stick skillet until shimmering. Add the vegetables, starting with chopped onions or other dense vegetables. Cook for a few minutes, stirring occasionally, then add any softer vegetables such as zucchini. Cook until those vegetables are tender, then add any garlic or greens, and cook until fragrant or wilted. Season with salt, to taste.
4. **Traditional stovetop option:** Whisk the eggs once more and pour the mixture over the vegetables. Stir with a spatula briefly to combine and distribute the mixture evenly across the pan. If you reserved any cheese, sprinkle it on top of the frittata now.
5. Once the outside edge of the frittata turns lighter in color (about 30 seconds to 1 minute), carefully transfer the frittata to the oven. Bake for 7 to 14 minutes (keep an eye on it), until the eggs are puffed and appear cooked, and the center of the frittata jiggles just a bit when you give it a gentle shimmy.

Remove the frittata from the oven and place it on a cooling rack to cool. Garnish with herbs, slice with a sharp knife, and serve.

6. **Baked casserole option:** Let the cooked vegetables cool for a few minutes, then stir them into the egg mixture. Grease a 9 by 13" pan, then pour the mixture into the pan. If you reserved any cheese, sprinkle it on top of the frittata now.
7. Bake for 20 to 25 minutes (keep an eye on it), until the eggs are puffed and appear cooked, and the center of the frittata jiggles just a bit when you give it a gentle shimmy. Remove the frittata from the oven and place it on a cooling rack to cool. Garnish with herbs, slice with a sharp knife, and serve.
8. **Baked mini frittata option:** Let the cooked vegetables cool for a few minutes, then stir them into the egg mixture. Grease 18 muffin cups (I used two muffin pans for this), then fill the cups evenly with a scant 1/3 cup of the mixture. If you reserved any cheese, sprinkle it on top of the frittatas now.
9. Bake for 13 to 17 minutes, until the eggs are puffed and appear cooked, and the center of the frittatas jiggle just a bit when you give the pan a gentle shimmy (this happens quickly so keep an eye on them; my pan with only 6 muffins finished sooner). Remove the pans from the oven and place them on a cooling rack to cool. Garnish with herbs, and serve.

NOTES

Recipe created with guidance from Bon Appetit, Epicurious and America's Test Kitchen.

STORAGE SUGGESTIONS: Frittata leftovers keep well for a few days in the refrigerator. You can serve leftover frittata chilled, let it come to room temperature on its own, or gently warm individual slices in the microwave or oven.

CAN I FREEZE IT? I don't recommend freezing leftover frittata. When I defrosted my frozen slices, they turned very watery and slightly rubbery. If you're looking for a good egg-based freezer recipe, check out my breakfast burritos.

PREPARE IN ADVANCE: The baked method is best for make-ahead frittatas. You can whisk the eggs, cooked vegetables and cheese together in advance. Cover and refrigerate the mixture until you're ready to bake (it should keep well for up to two days). Grease a casserole dish or muffin tin and bake as directed above.

► NUTRITION INFORMATION

The information shown is an estimate provided by an online nutrition calculator. It should not be considered a substitute for a professional nutritionist's advice.