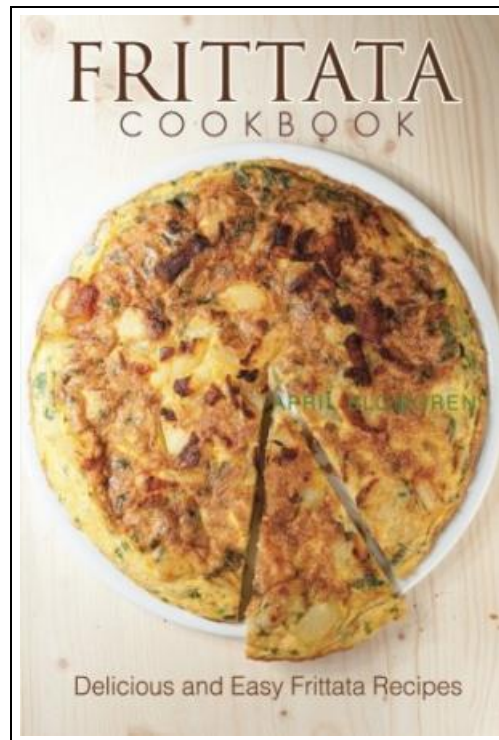


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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. Similar crust-less quiche, a frittata is thickly fried or baked egg-based omelet, originated from Italy. Enriched in protein, Frittata is extremely nutritious, healthy and low-calorie. It is very cheap to prepare and an ideal way to use the leftover to make a quick meal with minimal effort. Moreover, it can be made ahead and serve hot or cold. The egg is the main ingredient in a frittata, making this dish versatile enough to serve any time of the day. Therefore, in frittata you will find the combination of meats, vegetables, cheeses, herbs, and spices. Though cooking frittata seems messy and complicated, they are not. There are one of the easiest meals that can be prepared using basic ingredients you can easily find in your fridge or pantry. In this cookbook we have gathered scrumptious, satisfying and filling frittata recipes that are customized for breakfast, brunch, snacks and Main course meals. Here are few simple basic steps you can follow to create your frittata recipes. 1. In a bowl whisk together eggs, salt, black pepper, herbs and other liquid ingredients like milk or cream. 2. Into the egg mixture, add filling ingredients like fresh or leftover meat and veggies and stir until well mixed. 3. Grease the bottom of a non-stick frying pan over medium heat and let heat. Add frittata mixture, spread evenly and sprinkle with grated or crumbled cheese. 4. Let it cooks for 3 to 5 minutes or until edges are set, don't stir and cover the pan tightly. 5. Either let frittata cook on the stove or transfer it to preheated oven or grill until frittata is set and no liquid remains in the pan. 6. To check if the frittata is...

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