



## **FRITATTA OF SEASONAL VEGETABLES BACKGROUND**

**Recipe Background:** Eggs can be used for many, many dishes. They are delicious with fresh vegetables, lightly sautéed in olive oil. This frittata is a meal strategy that allows everyone to have input into the combination of ingredients to select. Make sure you add on ingredient from every category of the color spectrum. Remember not to overcook it or the bottom will be hard. This version is finished in the pan but you can also finish cooking a frittata in the oven.

**Nutrition:** This dish is nearly a whole meal! All it needs are some whole grains to complete it- like a nice piece of toast or some rye crisps. Eggs give us protein and fats that allow you to build muscle and have long-lasting energy. The vegetables and fruits give us many vitamins and minerals as well as fiber. The olive oil has healthy fats that will also help you feel full.

**Italian Food:** Italy is made of 20 regions. The regions are made of 103 provinces. Each province has special foods and wines. Italians have many different culinary cultures because they stick to their traditional cuisine. Fresh local produce is very important to Italian cooks. Italian recipes require foods that can be made nowhere else. The special olive oil, grains, vegetables, herbs, fish, cheese, fruit, and wine from these areas have been prepared since ancient times. Their mouth-watering mix of aromas, flavors, colors, and textures are becoming the world's favorite way of cooking. Italian food is extra appealing because it's healthy!

*La cucina italiana* is made up of regional, provincial, local, and family dishes that vary from season to season and cook to cook. Recipes are rarely written down. They are passed from one generation to another. Regional cooking differs from each other on what kinds of cheese, vegetables, and meats they use are produced in each area. Cheese can be made from sheep, goat, and cow's milk. Near the coast they eat lots of seafood, while in the hills they eat more meat.





## FRITATTA OF SEASONAL VEGETABLES

**Cultural Background:**

**Where in the world?** Italy, Europe

**Staple Food:** Wheat

**Did you know?** Sharing is caring:  
Frittattas are made to share while  
omlets are only for one.

**Nutrition: This dish is rich in...**

**Carbs:** a tiny bit from veggies,  
cheese

**Protein:** Cheese

**Good Fat:** Olive Oil

**Vitamins and Minerals:** all!  
Fruits, veggies & herbs are rich in  
Vitamin C, A, plus fiber!

**Prep Time:** 20 minutes    **Cook Time:** 10 minutes    **Makes:** 10 servings

Recipe by Lynn Fredericks, FamilyCook Productions

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**Ingredients:**

2 Leeks, or 1 Onion  
2 tablespoons Extra Virgin Olive Oil  
2 cups assorted seasonal Vegetables: Squash, Zucchini, Carrot,  
Turnip, Mushroom, String Beans, etc.  
2 small Bell Peppers  
6 Eggs  
1/2 teaspoon Kosher Salt  
1/4 teaspoon freshly ground Pepper  
5 sprigs fresh Herbs  
Optional: 1 Tomato, grated Cheese

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**Directions:**

1. **WASH** all the produce.
2. **SLICE** the leeks thinly.
3. **HEAT** the skillet and **ADD** the olive oil.
4. **ADD** leeks and **COOK** over low heat for about 5 minutes.
5. Meanwhile, **SLICE** the carrots thinly.
6. **DICE** the peppers and other assorted seasonal vegetables.
7. **ADD** the diced veggies to the leeks and **SAUTÉ** until softened.





8. Meanwhile, **BREAK** the eggs in a bowl and **MIX** to combine.
9. **SEASON** the eggs with salt and pepper.
10. **ADD** the eggs to the pan, and **COOK** the frittata over medium heat.
11. **LIFT** up the sides to release liquid egg to the bottom of the pan so it all cooks and sets.
12. When the frittata is set, **REMOVE** from the pan by flipping out on to a large plate or by sliding gently off the pan.
13. **SERVE** in wedges and **GARNISH** with grated cheese and herbs if desired.

**Alternative Cooking Method:**

1. **PREHEAT** the oven to 400
2. **PLACE** in the oven after it is halfway 'set' to finish cooking – about 5 minutes.

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**Variations by Season**

<b>Season</b>	<b>Substitute Vegetables</b>
Fall/Winter	<ul style="list-style-type: none"><li>• sliced Root Vegetables like Turnips, Carrots, and Parsnips</li><li>• blanched and sliced Winter Squash</li><li>• Potatoes</li><li>• blanched and sliced Brussels Sprouts</li></ul>
Spring	<ul style="list-style-type: none"><li>• Blanched or sautéed: Peas, Snap Peas, Cranberry beans, or Fava Beans</li><li>• Pea Shoots</li><li>• Arugula</li><li>• Morel mushrooms</li><li>• sliced Ramps</li></ul>
Summer	<ul style="list-style-type: none"><li>• Wax Beans</li><li>• Fingerling Potatoes</li><li>• Tomatoes</li><li>• Corn</li><li>• Beet or other Greens</li></ul>





## **FRITATTA OF SEASONAL VEGETABLES INGREDIENT & EQUIPMENT CHECKLIST**

### **PERISHABLE INGREDIENTS**

- 2 Leeks or 1 Onion
- 2 cups assorted seasonal Vegetables
- 2 Bell Peppers
- 6 Eggs
- 1 Tomato optional
- 5 sprigs Herbs

### **NON-PERISHABLE INGREDIENTS**

- 2 tablespoons Extra Virgin Olive Oil
- ½ teaspoon Kosher Salt
- ¼ teaspoon fresh Ground Pepper

### **COMMON EQUIPMENT**

- Chef's Knife
- Cutting Boards
- Measuring Spoons & Measuring Cups
- Wooden Spoon
- Colander
- 10 *mise en place* bowls

### **SPECIAL EQUIPMENT**

- Large Pan
- Spatula
- Vegetable Peeler
- Oven Mitts

### **DISPOSABLE SUPPLIES**

- Plates
- Sporks

### **SUPPLIES**

- Napkins

