

Frittata

Chefsville Kids

COOKEE'S TOOL KIT

Non-stick skillet
Cutting board
Spatula
Wooden spoon
Chef's knife
Measuring spoons
Two plates



Ingredients

2 ½ tablespoons extra virgin olive oil
6 large eggs
basil leaves, about 10
Salt and freshly ground pepper to taste

1 medium potato, quartered and thinly sliced
1 medium onion, thinly sliced
1 bunch spinach, rinsed and chopped
1 tomato, sliced or diced

Directions

1. Heat 2 tablespoons olive oil in a 10-inch non-stick fry pan. Add potatoes and onions and sauté on medium heat for about 8-10 minutes, until potatoes are lightly browned and cooked through. If vegetables look too dry, add a tablespoon of water to the pan.
2. Add the onions and cook for 5 minutes tossing once every two and a half minutes.
3. Add spinach to the pan and cook for 3-4 more minutes, until spinach is wilted. Season the vegetables with salt and pepper.
4. In the meantime, beat eggs in a large bowl and season with salt and pepper.
5. Pour potato and spinach mixture into the bowl with the eggs and mix gently.
6. Add the remaining ½ tablespoon of olive oil to the frying pan, and pour the egg and vegetable mixture back into the pan. Reduce heat to medium-low. Cover with a lid and let cook 5-7 minutes, or until the underside is lightly browned.
7. Remove from heat and loosen the edges with a spatula. Lay a large plate (large enough to cover the whole pan) upside down over the frittata. With one hand on the bottom of the plate, and the other on the handle of the pan, flip the frittata upside down onto the plate. Gently slide the frittata back into the pan and cook over medium- low heat until the egg is firm throughout. As an alternative to flipping it: place the pan with the half-cooked frittata into a 350 degree oven for about 15 minutes or until cooked through.
8. Remove from heat and slide frittata onto a plate or cutting board. Cut into triangles like a pizza and serve hot or at room temperature for breakfast, lunch, or dinner.

Serves 6

Prep time: 10 minutes
Cooking Time: 15 minutes