

What is a Frittata?

Frittatas are different things to different people. Some people call them omelettes although I consider omelettes as folded over and frittatas are not.

The way I see it, a frittata is anything you want to combine in a pan and have it held together by eggs.

Some people bake their frittata in the oven. Others start by cooking it on a stove top and then they finish it up by putting it under a broiler.

Because I like to keep things as simple as possible I make mine completely on the stove top. I regularly make frittatas just for myself. I'm not feeding a crowd. If I were I would use one of the methods mentioned above.

But since I'm making an individual frittata I use an 8" diameter skillet.

Keep in mind I have a hearty appetite at breakfast. While I eat the whole thing, some people might think this is too much. In that case you could share it with a spouse or child, or you could eat half and save half to warm up later for a snack or to make a quick breakfast sandwich for when you have to eat on the go.

How to make a stove top frittata.

I try to eat vegetables with every meal and try to eat 10-12 servings of vegetables a day. That keeps me satiated and helps me maintain my goal weight so my frittatas are heavy on the vegetables. By choice. You may choose differently. In this particular recipe I don't include meat or cheese but you could easily do that. And you can alter the amount of vegetables you include.

Start with an **8" diameter skillet** and spray or swipe a bit of olive oil in the pan.

Next add **Spinach**, as much or as little as you like.



Start with Spinach

Next I add a **broccoli mix**. On a regular basis I steam several head of broccoli and stir fry a mix of onion, red pepper, mushrooms and carrot stix which I mix with the broccoli. I keep that in the fridge and add it to my frittata or use it as a side dish with other meals. I usually make enough to last several days. If this is not available to you, have some frozen vegetables in Steam Fresh packages on hand, microwave them and use those.



Add mixed vegetables

Next I add my **egg mixture** which for me is 1 egg and 1/2 cup of egg whites beaten together. If you prefer you can use 2 eggs or egg substitute.



Add egg mixture

Let the mixture cook slowly till the eggs set, about 4 minutes over medium heat.
If you want to add grated cheese, this is a good time to do that.

When the eggs have set, I take a large spatula and flip the entire frittata.



Flipped frittata with spinach now on the top.

Let this cook through for another few minutes and flip back over.

Next spread **salsa** on the top and continue cooking on low till salsa is warm. Check your label and make sure there is no added sugar. Here I used Chi Chi's Mild Salsa.



Cover with salsa

Place on serving dish and enjoy.

If you are a big breakfast eater as I am and you like toast with your frittata, but you are watching your weight, choose a sprouted grain bread which is full of whole grains, is high in fiber and is low on the glycemic index.

Today my sprouted grain bread of choice was Trader Joe's Sprouted Whole Wheat Fiber bread. This is flourless bread which helps regulate your blood sugar levels and this particular bread has 5 grams of fiber in each slice. That will satiate you for a good while! Trader Joe's has several Sprouted Grain breads and I prefer them to the [Food For Life Ezekiel](#) breads found in most grocery store frozen food sections. However, when I do make myself a breakfast sandwich and want something hearty I do sometimes use the [Ezekiel English Muffins](#).



Flourless Bread made with Sprouted Grains

If you are looking to increase your vegetable intake, consider making a frittata. It's a great source of protein and vegetables and can be enjoyed any time of the day. And with a little imagination, the possibilities are endless!