

RECIPES FREESTYLE

FRITTATA

FRITTATA PHOTOS BY DIANA YEN, FOOD STYLING BY ANNA HAMPTON, INFOGRAPHIC BY JUNE KIM

In a 10" oven-safe skillet
over medium-high heat:

HEAT 3 TBSP OLIVE OIL

then

ADD 1/2 CUP DICED ONIONS

and cook until softened,
about 5 minutes.

In a bowl,

**WHISK
8 LARGE EGGS**



1/2 CUP
MILK

with

&



3/4 TSP
SALT

&



1/4 TSP
PEPPER

TO CUSTOMIZE, ADD ONE OF THESE COMBOS:

LYON

1 CUP EACH SAUTÉED DICED RED BELL PEPPER + ZUCCHINI
1/4 CUP FINELY CHOPPED FRESH BASIL LEAVES



cobb

1 cup each halved cherry tomatoes, diced avocado,
and cooked chicken
1/4 cup each crumbled cooked bacon and blue cheese



ITALY

8 OUNCES ITALIAN SAUSAGE, BROWNEED AND CRUMBLED
1/2 CUP COOKED BROCCOLI RABE, CUT IN 2-INCH SEGMENTS
1/4 CUP GRATED PARMESAN



spring

2 cups sliced cooked asparagus
4 ounces smoked salmon, chopped
1/4 cup each chopped fresh chives + flat-leaf parsley



greek

1 pound baby spinach, wilted and squeezed dry
1/2 cup crumbled feta
2 tablespoons each chopped fresh dill + sliced scallions



HASH

3 CUPS DICED COOKED POTATOES
8 OUNCES COOKED CORNED BEEF, CHOPPED



Pour egg mixture into skillet, stir, and cook until edges start to pull away from the pan, 5 to 7 minutes. Bake at 350°F until set, 16 to 18 minutes.

**CUT IT
EAT IT**



**ENJOY
REPEAT!**