



WEEK 4 – Comfort Meals (9 Eggs)

Karin's Flexible Farmhouse Frittata

Serves 4–6 | Uses 6 eggs | 30 minutes

Karin's favorite, sturdy, hearty and good, hot or cold.

The Base (Start Here)

- 6 eggs
- ¼ cup milk or cream
- 1–1½ cups shredded or crumbled cheese (cheddar, Swiss, feta, goat cheese, pepper Jack, etc.)
- 1 tbsp olive oil or butter
- Salt & pepper



Choose Your Fillings (About 2 Cups Total)

1 Cooked Veg (1/2-1 cup)

- Sautéed onions
- Bell peppers
- Mushrooms
- Spinach
- Zucchini
- Roasted potatoes

Tip: Vegetables must be cooked first. Raw veggies release water, making them soggy.

2 Protein (½–1 cup)

- Diced ham
- Cooked sausage
- Bacon
- Leftover roast beef
- Shredded chicken

No protein? Skip it. Cheese carries the load.

Method

1. Preheat oven to 375°.
2. Heat an oven-safe skillet (cast iron is perfect)*.
3. Add oil or butter.
4. Add cooked veggies and protein. Warm through.
5. Whisk eggs, milk, salt and pepper.
6. Pour egg mixture evenly over fillings.





7. Sprinkle cheese on top.
8. Cook on stovetop 2–3 minutes until edges begin to set.
9. Transfer skillet to oven and bake 15–18 minutes until center is set but not dry.

Let rest 5–10 minutes before slicing.

*No oven-safe skillet? No problem.

Use:

- 8x8 glass baking dish (cooks more gently, softer texture)
- Ceramic baking dish
- Pie plate

How to Adjust:

1. Pre-cook fillings in a regular skillet.
2. Grease baking dish well.
3. Spread fillings evenly in dish.
4. Pour egg mixture over.
5. Top with cheese.
6. Bake at 375° for 20–25 minutes.

It becomes more like a crustless quiche — but just as good.

Frittata Combinations We Love

Comfort Version

- Sautéed potatoes
- Bacon
- Cheddar

Spring Version

- Spinach
- Green onions
- Feta

Clean Out the Fridge Version

- That last half onion
- Leftover roast
- Random vegetables

