



Potato Tomato Frittata

It's a full meal all by itself.

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This frittata is fast and easy. It's a full meal all by itself, and it's packed with many important nutrients. The cooked tomatoes burst with the antioxidant lycopene, the sautéed garlic brings anti-inflammatory allicin and the spuds add carbs for quick energy as well as a dose of vitamin C.

Servings: 4

Ingredients: 10

Prep: 20 minutes

Ingredients

6 whole large eggs

2 large egg whites

½ cup finely grated Parmesan cheese

1/3 cup thinly sliced fresh basil

¾ teaspoon salt

½ teaspoon black pepper

4 garlic cloves, thinly sliced

3 tablespoons extra virgin olive oil

½ pound Yukon Gold potatoes, scrubbed and cut into ¼-inch dice

2 cups grape tomatoes or halved cherry tomatoes

Directions

1. In a large bowl, whisk together whole eggs, egg whites, half the Parmesan cheese, basil, ½ teaspoon salt and ¼ teaspoon pepper. Preheat the broiler.
2. Heat 1 tablespoon olive oil in a 10-inch heavy skillet over medium heat. Add the garlic and cook, stirring until golden, about 1 minute. Using a slotted spoon, transfer the garlic to a bowl. Set aside.
3. Add potatoes to the skillet and sauté over medium-high heat, stirring until just tender, about 6 minutes. Transfer with a slotted spoon to the bowl containing the garlic. Set aside.
4. Add 1 tablespoon olive oil and tomatoes to the skillet and cook over medium-high heat, stirring

until tomatoes brown and skins split, about 4 minutes.

5. Add the remaining tablespoon of olive oil and potatoes with garlic to the skillet, spreading evenly, and sprinkle with remaining salt and pepper (see “Chef Tips”). Pour the egg mixture over the vegetables and cook over medium-high heat, lifting up the cooked egg around the edges to let the uncooked egg flow underneath for about 3 minutes. Reduce heat to medium and cook covered for five minutes; the center will still be moist.
6. Remove the lid and broil the frittata 5 to 7 inches from heat until set, about 5 minutes. Sprinkle the top evenly with the remaining half of the Parmesan, then broil until cheese melts and frittata is golden brown, about 2 to 3 minutes more. Slide onto a platter and cut into wedges.

Chef Tips

Try tipping all the veggies into the bowl with the eggs, and wipe the skillet clean with oiled paper before putting the egg mixture in—the frittata often sticks less that way.

If you have a well-seasoned cast iron skillet, use it—it’s the best pan for making frittatas.

Nutrition Facts (per serving)

Calories: 351; fat: 23 g; saturated fat: 7 g; polyunsaturated fat: 3 g; monounsaturated fat: 12 g; carbohydrates: 16 g; sugar: 3 g; fiber: 21 g; protein: 21 g; sodium: 641 mg

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