

FRITTATA

1 SMALL RED BELL PEPPER CORED AND CHOPPED
1 SMALL ZUCCHINI DICED
2 GREEN ONIONS WHITE AND LIGHT GREEN PARTS ONLY, ROUGHLY CHOPPED
4 OZ BROCCOLI CUT INTO SMALL FLORETS
KOSHER SALT AND BLACK PEPPER
3 TBSP EXTRA VIRGIN OLIVE OIL
7 LARGE EGGS
1/3 TSP BAKING POWDER OPTIONAL
1/4 CUP WHOLE MILK
1/3 CUP FETA CHEESE CRUMBLED, MORE TO SERVE
1/3 CUP FINELY CHOPPED FRESH PARSLEY MORE TO SERVE
1 TSP FRESH THYME

PROCEDURE:

1. PREHEAT THE OVEN TO 450°F AND POSITION A RACK IN THE MIDDLE. PUT A RIMMED SHEET IN THE OVEN AND ALLOW IT TO HEAT.
2. IN A MIXING BOWL, TOSS THE BELL PEPPERS, ZUCCHINI, GREEN ONION AND BROCCOLI WITH A GOOD PINCH OF KOSHER SALT AND BLACK PEPPER. ADD A DRIZZLE OF EXTRA VIRGIN OLIVE OIL (ABOUT 2 TO 3 TABLESPOONS) AND TOSS TO MAKE SURE ALL THE VEGGIES ARE WELL-COATED IN THE OIL.

3. CAREFULLY REMOVE THE HOT PAN FROM THE OVEN USING OVEN MITTS. SPREAD THE VEGGIES ON THE HEATED PAN. RETURN THE PAN TO THE OVEN AND COOK FOR 15 MINUTES OR UNTIL THE VEGGIES ARE SOFT AND SOMEWHAT CHARRED.
4. TURN THE OVEN HEAT DOWN TO 400°F.
5. IN YOUR MIXING BOWL, WHISK TOGETHER THE EGGS, BAKING POWDER, MILK, FETA, PARSLEY, THYME, AND A GOOD PINCH OF KOSHER SALT AND BLACK PEPPER. FOLD IN THE ROASTED VEGETABLES.
6. COAT THE BOTTOM AND SIDES OF A 10-INCH CAST IRON OR OVEN-SAFE PAN AND WARM THE OIL OVER MEDIUM-HIGH HEAT UNTIL SHIMMERING. POUR THE EGG AND VEGGIE MIXTURE IN THE PAN AND COOK FOR 2 TO 3 MINUTES TO ALLOW THE BOTTOM OF THE EGGS TO SETTLE.
7. TRANSFER THE PAN TO THE HEATED OVEN AND COOK FOR 8 TO 10 MINUTES OR UNTIL THE CENTER OF THE EGGS ARE COOKED THROUGH AND THE CENTER OF THE FRITTATA IS FIRM AND NO LONGER RUNNY).
8. SERVE WITH MORE FETA CHEESE AND A GARNISH OF FRESH PARSLEY.

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