🍳 Frittata or Omelet Lab

Culinary 1 · Unit 9 · Level 1 · after Intro to Protein & Eggs



Name: _____

Makes 1 frittata. Mrs. Dyches' recipe: Frittata for One.

🧺 Frittata: get it. Check ☐.

- ☐ 🥚 **2 large** eggs
- ☐ 🥛 **1 Tbsp** milk
- ☐ 🧅 **¼ small** onion, finely chopped
- ☐ 🫑 **¼ small** bell pepper, finely chopped
- ☐ 🌭 **2 Tbsp** ground sausage, cooked
- ☐ 🥓 **1 slice** pre-cooked bacon, crumbled
- ☐ 🧀 **¼ cup** shredded cheese
- ☐ 🧂 salt + pepper
- ☐ 🫒 **1 tsp** olive oil or butter

👩‍🍳 Do one box. Check ☐ it.

1		Oven on: **375**.	☐
2		Whisk eggs + milk.	☐
3		Cut onion + pepper.	☐
4		Cook the veggies.	☐
5		Add the meat.	☐
6		Put in the dish.	☐
7		Eggs + cheese on top.	☐
8		Bake **8** minutes. Photo!	☐