🍳 Frittata or Omelet Lab

Culinary 1 · Unit 9 · Level 2 · after Intro to Protein & Eggs



Name: _____ Date: _____ Period: _____

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

🧺 Frittata

- ☐ 🥚 **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

👩‍🍳 Steps: check each box when you finish

- [ ] 1 🔥 Oven to **375°F**. Grease the small dish.
- [ ] 2 🥣 Whisk the eggs, milk, salt, and pepper.
- [ ] 3 🔪 Finely chop the onion and pepper.
- [ ] 4 🍳 Heat the oil. Cook onion and pepper **3-4 minutes** until soft.
- [ ] 5 🌭 Stir in the sausage and bacon.
- [ ] 6 🥧 Put the veggies and meat in the dish.
- [ ] 7 🥚 Pour the eggs on top. Sprinkle the cheese.
- [ ] 8 ⏲️ Bake **8-10 minutes** until set. Cool 1 minute. Photo!