



# Market Open-Air Kitchen

## JABBS Everything But the Bagel Frittata

Developed by Chef Bill Curtis

Prepared by Chef Bill Curtis & Janice Curtis June 11, 2022



**All contributing market vendors are located along the Green Vendor Loop.**

### INGREDIENTS

- 12 farm-fresh eggs from **Brightman Farms**
- 3 tablespoons heavy cream or half & half
- ½ teaspoon salt
- 1 cup grated or crumbled cheese, cheddar & mozzarella
- 3 to 5 cups chopped fresh vegetables or greens of choice (or up to 3 cups leftover cooked vegetables or greens)  
**mushrooms, onions & broccoli from D.J. David Greengrocer**
- 1 ½ tablespoons JABBS Everything But the Bagel Seasoning (use salt-free if desired) from **JABBS Seasonings**
- 1 tablespoon Greek Market extra-virgin olive oil from **Ur Greek Market**
- Garnish: chopped fresh herb of choice (basil, parsley, cilantro, or dill)

### DIRECTIONS

1. Preheat oven to 425 degrees for stovetop method, or 350 degrees for baked methods (casserole or mini/muffins).
2. Crack eggs into medium mixing bowl. Add dairy of choice and salt. Whisk eggs until blended. Whisk in all or half of cheese (reserve other half for topping frittata before baking, if desired). Mix in EBTB Seasoning. Set mixture aside.
3. In a 12-inch cast iron skillet (or other large oven-safe skillet), warm olive oil over medium heat until shimmering. Add vegetables, starting with chopped onions or other dense vegetables. Cook for a few minutes, stirring occasionally, then add any softer vegetables such as zucchini. Cook until those vegetables are tender, then add any garlic or greens, and cook until fragrant or wilted. Season with salt, to taste.
4. Traditional stovetop option: Whisk eggs once more and pour mixture over vegetables. Stir with spatula briefly to combine and distribute mixture evenly across pan. If you reserved any cheese, sprinkle it on top of the frittata now.
5. Once the outside edge of the frittata turns lighter in color (about 30 seconds to 1 minute), carefully transfer frittata to the oven. Bake for 7 to 14 minutes (keep an eye on it), until eggs are puffed and appear cooked, and center of frittata jiggles just a bit when you give it a gentle shimmy. Remove frittata from oven and place on cooling rack to cool. Garnish with herbs, slice and serve.
6. Baked casserole option: Let cooked vegetables cool for a few minutes. Meanwhile, grease 9 by 13-inch pan with butter/olive oil (avoid cooking sprays).
7. Stir lightly cooled veggies into egg mixture, then pour all into pan. Sprinkle extra cheese on top of frittata.
8. Bake for 20 to 25 minutes until eggs are puffed and appear cooked, and center of frittata jiggles just a little when you give it a gentle shake.
9. Remove frittata from oven and place on cooling rack to cool. Garnish with herbs, slice and serve.

**Find more Market Recipes at**

**<https://www.oceanpines.org/web/pages/farmers-artisans-market>**