

Baked Broccoli Frittata



A frittata is like a cross between an omelet and a quiche, and you can eat it hot or cold, which makes it a great do-ahead breakfast. Plus, the protein in those eggs is going to give you lots of energy for your day!



“Eggs are a great source of protein and other nutrients—plus they’re easy to prepare, readily available, and so versatile! This month’s recipe is a terrific example. You can use the veggies listed below, or mix and match with your favorites. It’s a healthy and delicious way to get more vegetables onto your family’s table. Enjoy!”

Deval Patrick
Governor of Massachusetts

■ ADULT: YES ■ HANDS-ON TIME: 30 MINUTES ■ TOTAL TIME: 1 HOUR ■ MAKES: 4 SERVINGS



➤ **WASH** your hands with soap and water and dry them.

➤ **CLEAN** the counter top with a sponge.

➤ **GATHER** all your kitchen gear and ingredients and put them on the counter.

➤ **SCRUB** all the fruits and vegetables and lay them out on a dishtowel to dry.

➤ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

Measuring spoons
8 x 8-inch baking pan or 9-inch pie pan
Cutting board
Sharp knife (adult needed)
Measuring cup
Large mixing bowl
Whisk or fork
Large skillet
Spatula or big spoon

INGREDIENTS

3 teaspoons olive or canola oil
1 onion, chopped
½ head broccoli, chopped (about 2½ cups)
½ cup leftover cooked potatoes or cooked brown rice or day-old bread cubes
8 large eggs
1 teaspoon salt
½ teaspoon black pepper
¼ cup fresh basil or parsley leaves, chopped
½ cup shredded, grated or crumbled cheese, such as cheddar, Swiss, feta, or Parmesan

INSTRUCTIONS

1. Turn the oven on and set it to 350 degrees. Use 1 teaspoon oil to grease the baking pan.
2. Put a large skillet on the stove, turn the heat to medium, and carefully add the remaining 2 teaspoons oil.
3. Add the onion and cook, stirring occasionally with the spatula or big spoon, until golden and softened, about 10 minutes. Reduce the heat to low, add the broccoli and potatoes (or brown rice or bread cubes) and cook until the vegetables are tender, 5–10 minutes.

Set aside until cool, about 10 minutes.

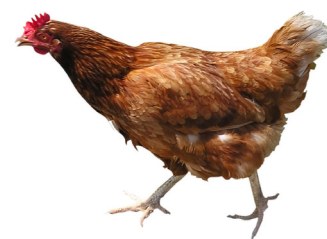
4. Put the eggs, salt, and pepper in the mixing bowl and use the whisk or fork to mix well.
5. Add the onion mixture, basil and cheese, and mix well.
6. Pour the mixture into the baking pan and carefully move it to the oven.
7. Bake until the top is golden and the eggs are set, 25–30 minutes.
8. Set aside to cool; serve warm or at room temperature, or cover and refrigerate up to 2 days.

Safety Tip

Get an adult’s permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.



**DID
YOU
KNOW?**



In general, hens with white earlobes lay white-shelled eggs, while hens with red earlobes lay brown-shelled eggs. (Did you even know chickens had earlobes?)

To tell if an egg is raw or hard-cooked, spin it! If the egg spins easily, it is hard-cooked, but if it wobbles, it's raw.



The shell accounts for 9 to 12% of an egg's total weight.

Chip-in Farm, Bedford, MA

Chip-in Farm was established in 1944, when Hendrick and Thelma Couvé, along with their son Herbert, "chipped in" to purchase a former dairy farm on Hartwell Road. The family moved from Belmont with their WWII "Victory" flock of 35 hens. Over time, the farm was expanded to house more than 18,000 birds. For over thirty years, the farm was known for its door to door delivery of fresh eggs to surrounding communities. Eggs and other farm products were also sold on the premises using the honor system. Now into its third generation and operated by Herbert's two sons, the farm has evolved into a farmstand/general store with a unique country atmosphere. It still sells eggs from free-running hens, along with a variety of groceries, dairy products, seasonal items, and its own organically grown produce. With the addition of a petting zoo and a penny candy counter, Chip-in Farm is a fun place to visit for people of all ages! Find other local Massachusetts egg farms near you! Click here: <http://bit.ly/Amnfl3>

EGG FACTS

In Massachusetts, there are almost 1 million laying hens. Last year, 36 million eggs were produced.



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