

## Frittata Primavera



### Makes:

6 servings

### Utensil:

Saladmaster Food Processor  
12" Electric Oil Core Skillet  
small mixing bowl

**Rate** ★★☆☆☆

### Recipe:

### Contributed By:

Chef John Lara  
Personal chef to former U.S. President  
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### Recipe Description:

Originally from Spain, the frittata is a version of the omelet. This delicious dish is filled with fresh vegetables and herbs and makes a delightful breakfast or brunch entrée. Incorporate your own favorite ingredients like mushrooms, broccoli, bacon or sausage.

3 ounces  
leeks, diced  
(85  
g)  
1 teaspoon  
fresh garlic, minced  
(5  
mL)  
6 eggs  
½ cup  
heavy cream  
(120  
mL)  
2 sprigs fresh rosemary, stripped from stem and finely  
chopped  
3 sprigs fresh thyme, stripped from stem and finely chopped  
1 teaspoon  
black pepper  
(5  
mL)  
2 ounces  
red bell peppers, diced (save ¼ of peppers for garnish)  
(57  
g)  
3 ounces  
roma tomatoes, diced  
(85  
g)

3 ounces  
baby spinach, coarsely chopped  
(85  
g)  
3 ounces  
zucchini, narrow diameter, sliced, use Cone #4  
(85  
g)  
3 ounces  
yellow cheese, low-sodium, low-fat, waffled, use Cone #5  
(85  
g)  
3 ounces  
white cheese, low-sodium, low-fat, waffled, use Cone #5  
(85  
g)  
2 tablespoons  
fresh parsley, minced  
(8  
g)

**Directions:**

1. Preheat electric skillet to 300°F/149°C. Sauté leeks and garlic for 2-3 minutes, until soft and fragrant.
2. In a small bowl, beat eggs with cream. Add rosemary, thyme and pepper and whisk until blended. Set aside.
3. Reduce temperature of electric skillet to 185°F/85°C. Add<sup>3</sup>/<sub>4</sub> of the red peppers (saving the final <sup>1</sup>/<sub>4</sub> for garnish), tomatoes, spinach and stir until blended.
4. Add egg mixture and fold gently. Cover and continue cooking for 10 minutes.
5. Place zucchini on the top of the mixture, sprinkle with cheese, parsley and reserved red pepper. Cover and continue to cook for an additional 5 minutes until cheese is melted.

**Tips:**

- Try your favorite salsa as a condiment.
- Use the cheeses of your choice or eliminate, as desired.

Nutritional Information per

▼ Serving

**Calories:** 225  
**Total Fat:** 17g  
**Saturated Fat:** 9g  
**Cholesterol:** 255mg  
**Sodium:** 264mg  
**Total** 6g  
**Carbs:**  
**Dietary Fiber:** 1g  
**Sugar:** 2g  
**Protein:** 11g