WASTE LESS, TASTE MORE 014

Extra Vegetables? Put a Frittata on the Menu.



BRING DINNER'S VEGETABLES TO THE NEXT DAY'S TABLE.

Roasted peppers, sautéed mushrooms, cooked zucchini, or asparagus can become a frittata for lunch or brunch. Choose vegetables that taste good together and give them a fresh setting.

1 Choose a compatible combination

Consider the vegetables and their original seasonings. Cut larger pieces into sizes that will distribute evenly through the eggs.

Why: Every slice should contain a balanced mix of ingredients.

2 Manage the moisture

Drain excess liquid from the vegetables. If needed, briefly cook off moisture before adding them to your frittata recipe.

Why: Excess liquid can make the finished frittata watery.

3 Cook and present with care

Follow a reliable recipe and cook the center to 165°F when using leftovers. Serve a neat wedge with dressed greens or a spoonful of tomato sauce.

Why: A clean slice and a complementary accompaniment turn the mixture into a complete plate.

KITCHEN NOTES

Use cheese with a purpose

A little feta, goat cheese, or grated hard cheese can connect the flavors. Choose one that suits the vegetables.

Avoid overcrowding the eggs

Use the recipe's proportions as a guide rather than adding every remaining vegetable.

Think of overnight guests

A vegetable frittata can be a welcoming lunch or brunch after an evening of entertaining.

THE PLATING MINDSET

A new setting can make familiar vegetables feel freshly considered.

Food safety: CDC (linked in PDF)