



## Frittata Cookbook: Delicious and Easy Frittata Recipes (Paperback)

By April Blomgren

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. Similar crust-less quiche, a frittata is thickly fried or baked egg-based omelet, originated from Italy. Enriched in protein, Frittata is extremely nutritious, healthy and low-calorie. It is very cheap to prepare and an ideal way to use the leftover to make a quick meal with minimal effort. Moreover, it can be made ahead and serve hot or cold. The egg is the main ingredient in a frittata, making this dish versatile enough to serve any time of the day. Therefore, in frittata you will find the combination of meats, vegetables, cheeses, herbs, and spices. Though cooking frittata seems messy and complicated, they are not. There are one of the easiest meals that can be prepared using basic ingredients you can easily find in your fridge or pantry. In this cookbook we have gathered scrumptious, satisfying and filling frittata recipes that are customized for breakfast, brunch, snacks and Main course meals. Here are few simple basic steps you can follow to create your frittata recipes. 1. In a bowl whisk together eggs, salt, black pepper, herbs and other liquid ingredients like milk or cream. 2. Into...

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