



PROP STYLIST: BETH PAKRADOONI; FOOD STYLIST: JUDY KIM

Your Weekend Deserves Frittata Energy

Fun fact: Elevating your hangover food makes the hangover go away.

BY KRISTY ALPERT | PHOTOGRAPH BY CHELSIE CRAIG

As the tradition of at-home brunch is written, it must be (1) very, very impressive to look at and (2) very, very unimpressive to make. Enter le frittata: literally just half a carton of eggs and some fridge lurkers (yes, jars of olives and stray spinach leaves count) or ingredients like prosciutto and goat cheese that you bought ahead of time for this exact purpose because you're mature like that. Either way, the genius of this dish lies in its do-nothingness, so bask in the more-praise-than-you-technically-deserve-for-what-you-did glory.

The Recipe

1. Crack 6 to 8 eggs (depending on your hunger) into a large bowl. Whisk in pinches of salt and pepper plus a few glugs of milk until everything's blended. Whole milk = creamier frittata.
2. Heat a drizzle or two of olive oil over medium heat in a 10-inch skillet (that's a standard size), and sauté any veggies you're using until tender.
3. Pour the egg mixture on top of the veggies in the skillet. Drop in any remaining, unsautéable frittata accoutrements—prosciutto, feta crumbles, leftover pasta, whatever (look to the right if "whatever" makes you anxious). Cook until edges start to pull away from the sides of the pan, about 7 minutes.

BONUS: Sprinkle on some extra cheese and broil for 2 to 4 minutes for added presentational/deliciousness value.

Ingredient Combos to Copy

- Broccoli + cauliflower + provolone
- Leftover noodles + Parmesan + bacon
- Kalamata olives + baby spinach + feta
- Prosciutto + asparagus + goat cheese
- Chorizo + Oaxaca cheese + cilantro
- Asparagus + smoked salmon + chives

