

# A Collection of Omelet & Frittata Recipes



Includes baked and puffy omelets

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**Omelets & Frittatas**  
**Favorite Omelet and Frittata Recipes**  
**Plus Baked and Puffy Omelets**

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## How to Build a Frittata

Do you have a favorite omelet recipe? You can build a great frittata with the same ingredients that you would use in an omelet. Here's a step-by-step guide:

- 1. Sauté the vegetables until soft.** As an alternative, you can steam the vegetables in the microwave until they are tender.
- 2. Turn the broiler on.**
- 3. Beat the eggs,** pepper and salt together. Put a tablespoon of oil in a heavy, oven-proof skillet and place the skillet on medium heat. Pour the egg mixture into the pan and scatter your vegetables and/or cooked meats on top. Turn the heat to low and cook until the frittata is golden brown on the bottom and the egg is beginning to set, approximately 7 minutes.
- 4. If necessary, oven-proof the skillet handle** by wrapping it in aluminum foil. Place frittata under the broiler and cook until it is almost firm.
- 5. Add any cheese** to the top and again put the frittata under the broiler until it is completely set and the cheese is melted. Slide your frittata onto a plate and serve.

Instead of using the broiler, you can use the following recipe to build a frittata in the oven, a baked frittata.

## Irish Omelet Recipe

An Irish omelet is light and fluffy, almost like a soufflé. It makes a great light brunch dish. The traditional Irish omelet does not have cheese but we think that the cheese gives it a bit more flavor and fat so that it's more flavorful and not dry.

Instead of chives, you can use scallions, green onions, or sautéed onions.



This recipe is sized for an 11 to 12-inch Dutch baby pan or skillet and yields about six servings. If you like, you can cut the recipe in half and use a smaller pan.

A variation to this dish is to add crumbled bacon bits with the cheese.

### Ingredients

6 large eggs  
2 medium potatoes, peeled, cooked, and mashed  
2 tablespoons dried chives or 1/4 cup fresh, chopped chives  
1 1/2 cups shredded cheddar cheese  
1 teaspoon salt  
1/8 teaspoon ground pepper  
1 tablespoon butter

### Directions

1. Separate the egg whites from the egg yolks. Whisk the yolks until smooth and add them to the mashed potatoes. Mix thoroughly. Add the chives, cheese, salt, and pepper.
2. Beat the egg whites until stiff and fold them into the potato mixture with a spatula.
3. Melt the butter in a large omelet pan, skillet, or Dutch baby pan. Cook the mixture on low heat until the bottom is set, about four or five minutes depending on your heat setting and pan, and then place the omelet under the broiler in the oven and cook until the top is set and golden brown. Serve while hot.

**Baker's Note:** *This delicate dish is easy to burn. Make sure your stovetop element is set on a low heat setting. Instead of broiling the omelet on 500*

*degrees on the top shelf, we put the shelf in the middle of the oven and turned the temperature down to 450.*

## Easy Baked Omelet

This recipe is dedicated to all of the klutzes among us who often mutilate our omelets while trying to fold them or for the distracted among us that need to just stick a baking dish in the oven and forget it until the timer goes off.



And it's easy. Notice that there are only two steps to this recipe. Prep time is less than ten minutes.

This is a puffy omelet recipe. It will mushroom in the oven and then fall back as it cools. Still, it is a lighter omelet than what is fixed on the stovetop.

Use this basic cheese omelet recipe or add meat and veggies to create any omelet you desire. (If you add veggies, consider sautéing them or partially cooking them in the microwave before adding them to the egg mixture.)

### Ingredients

1/3 cup flour  
1/2 tsp. baking powder  
1/8 tsp. salt  
dash pepper  
1 1/2 cups milk  
8 eggs  
1 1/2 cup shredded cheddar or other cheese

### Directions

Preheat oven to 350 degrees.

1. Mix the dry ingredients in a bowl. Add enough milk to make a paste and then add the remaining milk a little at time, stirring after each addition, until you have a smooth mixture. Add the eggs and cheese.
2. Grease a 9-inch pie pan with butter. Pour the omelet mixture into the pie pan and bake for 40-45 minutes or until the omelet starts to brown and a knife inserted in the center comes out clean.

## Variations

Add herbs, spices, sautéed vegetables, ham, or other meats or vegetables as desired to this recipe as you would for stovetop omelets.

## Sunrise Puffy Omelet

### Ingredients

4 large eggs, separated into whites and yolks  
2 tablespoons milk  
1/4 teaspoon salt  
1 pinch teaspoon coarse or fine ground pepper  
1 tablespoon butter

1/2 cup sliced fresh mushrooms  
1 cup small broccoli florets  
1/2 cup cooked ham, diced  
1/2 teaspoon zesty Italian seasoning or other seasoning blend  
1 cup shredded cheddar cheese

### Directions

Preheat the oven to 325 degrees.

1. In a medium bowl, beat the egg whites until stiff peaks form. Whisk the yolks, milk, salt, and pepper together. Gently fold the egg yolk mixture into the egg whites.
2. Heat a ten-inch, nonstick skillet until hot. Melt the butter in the pan. Pour the egg mixture into the hot pan, mounding it slightly toward the edges. Cook over low heat for five minutes or until the eggs are set on the bottom.
3. Bake for ten to twelve minutes or until done—a knife inserted in the center will come out clean.
4. While the omelet is baking, steam the mushrooms and broccoli. Stir in ham and Italian seasoning. Set aside.
5. When the omelet is done, loosen the edges with a silicone spatula. Then score the omelet with the spatula just off center. Slip the omelet onto a serving platter.
6. Spoon the vegetable mixture onto the larger half of the omelet. Sprinkle cheese over the vegetable mixture. Fold the smaller half over the omelet. Garnish with more shredded cheese. Serve hot.



## Baked Denver Omelet

### Ingredients

- 10 large eggs
- 1/4 cup milk
- 1/2 teaspoon salt
- 1/8 teaspoon coarse or fine ground pepper
  
- 1 cup sliced fresh mushrooms
- 1 medium onion, diced
- 1 medium green or red bell pepper, diced
- 1/2 teaspoon dry crushed basil
- 3/4 cup cooked ham, diced
- 1 medium tomato, diced
- 1 to 1 1/2 cups shredded cheddar cheese

### Directions

Preheat the oven to 400 degrees.

1. In a medium bowl, whisk the eggs, milk, salt, and pepper together.
2. Place a nonstick or lightly greased baking sheet on an oven rack at 2/3's height. Pour the egg mixture into the pan. Bake for ten to fifteen minutes or until the eggs are set but still glossy.
3. Sauté the mushrooms, onion, and pepper together. Add the basil, cooked ham, and tomato.
4. Remove the baked omelet from the oven. Cut the omelet into four squares. Place a square on each of four plates. Spoon one-fourth of the vegetable filling over each square. Sprinkle with cheese. Fold the omelet square in half to form either a rectangle or a triangle. Garnish with the remainder of the cheese.

***Baker's note:*** *If either the filling or the omelets cool off before assembly, you can carefully reheat in the microwave. Do not overcook the eggs in the microwave or they will become tough*



## Fresh Tomato Frittata

Whether for breakfast or lunch, frittatas are quick and easy to fix. You can cook them in any oven-proof pan and since you don't have to turn them, even the clumsy among us can turn out beautiful frittatas.

Use this recipe as a basis to make any frittata that you like. This frittata recipe showcases the fresh tomatoes of summer along with Italian herbs.



### Ingredients

- 1 small onion, diced
- 2 tablespoons vegetable oil
- 9 large eggs
- 1/4 cup grated parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon crushed, dried oregano
- 1 teaspoon dry basil
- 4 to 6 thin slices of mozzarella cheese
- 2 ripe tomatoes

### Directions

1. Sauté the onion in oil in a 10-inch oven-proof skillet until it is tender. Remove the pan from the heat.
2. Whisk the eggs, parmesan, salt, pepper, oregano, and basil in a bowl. Pour the egg mixture into the skillet and stir.
3. Bake for ten to twelve minutes at 350 degrees or until the egg is almost set. Remove from the oven. Arrange the slices of cheese on the frittata. Set the oven on broil.
4. With the eggs about five inches away from the elements, broil the frittata for about three minutes or until the cheese is melted and bubbly. Remove the frittata from the oven.
5. Pile thin slices of tomato on the frittata. Serve hot.

***Baker's Note:*** We prefer fresh, uncooked tomatoes on our frittatas—but that's just our preference. If you prefer, add the tomatoes with the cheese and broil the tomatoes.



## Texas Corn Frittata

So you cooked too much corn on the cob last night; today's your lucky day. You get to make a Texas Corn Frittata. And since a frittata is a lazy man's omelet, it won't take much effort. Of course, if you don't have any fresh corn around, use this recipe with a can of kernel corn and you'll still have a great frittata.



A frittata starts out as an omelet but ends up under the broiler in your oven for just a few minutes. Since you don't have to fold it, it's super easy to do. Cook it part way through on the stovetop then stick it in the oven under the broiler element for just a few minutes.

This frittata is loaded with sweet corn, onions, and green peppers and topped with a sprinkling of cheese. We think you'll enjoy it.

### Ingredients

1/4 cup diced onion  
1/4 cup diced pepper  
1 tablespoon butter  
1 cup corn kernels  
6 large eggs  
pepper and salt  
1 tablespoon sour cream  
1 cup grated mozzarella or cheddar cheese  
fresh tomato slices or salsa for accompaniment

### Directions

1. Sauté the onion and pepper in the butter in a ten-inch, oven-proof skillet.
2. Cut a generous cup of cooked corn kernels from an ear of corn or use a well-drained corn from a can. Whisk the eggs, salt and pepper to taste, and sour cream with corn. Pour the mixture into the hot skillet. Cook until the eggs are set in the bottom half of the frittata but the top half is still runny. While the eggs are cooking, run a flexible spatula around the edges of the pan twice, slightly lifting the frittata and allowing some of the runny mixture to flow under the frittata. Preheat the oven on the broiler setting.
3. Place the skillet in the oven about four inches below the broiler setting. The frittata will finish cooking in just a minute or two so watch it carefully.

When the top is just set, remove it from the oven. Sprinkle the top with grated cheese. The heat from the frittata should melt the cheese but if it doesn't, stick the frittata back under the broiler for just a few seconds.

4. Serve hot with fresh tomato slices or salsa.

**Bakers Note:** *If you do not want to make this in the oven, this makes a wonderful omelet or even scrambled eggs.*

For more information on [how to make a frittata](#) along with another recipe, check this out.

## Bacon and Potato Frittata

The difference between a frittata and an omelet is that the ingredients in the frittata are mixed into the eggs instead of folded into an omelet. Usually a frittata is partially baked in the skillet. This recipe calls for potatoes, bacon, and onion. If you prefer, make it as an omelet.



### Ingredients

1/2 pound bacon  
1 large potato  
1/2 large onion  
1/2 green or red bell pepper  
8 large eggs  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper  
  
grated cheddar cheese for garnish

### Directions

1. In a ten-inch ovenproof skillet, fry the bacon. Drain the bacon on paper towels and then cut the bacon into large chunks. While the bacon is frying, peel the potato and cut it into 1/2-inch cubes. Dice the onion and the bell pepper.
2. Pour the excess grease from the frying pan leaving a little in the pan for sautéing the vegetables. Sauté the potato, onion, and pepper until the potato is barely tender and the onion is translucent.
3. Whisk the eggs, salt, and pepper together in a bowl. Add the egg mixture and the bacon to the vegetables in the skillet.

4. Preheat the oven to 350 degrees. Cook on the stovetop over medium heat for five to ten minutes or until the bottom of the frittata becomes firm. Place the skillet in the oven on the highest rack and bake for ten to twelve minutes or until the frittata is firm. Remove from the oven and sprinkle the top of the frittata with grated cheddar cheese. Serve hot.

## Potato and Sausage Frittata

### Ingredients

8 large eggs  
2 tablespoons milk  
1/4 teaspoon salt  
1 teaspoon dried basil  
1 pinch coarse or fine ground pepper  
1 tablespoon butter

1 medium onion, sliced  
4 small red potatoes, sliced  
1/2 pound country-style sausage  
1/2 teaspoon zesty Italian seasoning  
or other seasoning blend  
1 cup shredded mozzarella cheese



### Directions

1. In a medium bowl, whisk the eggs, milk, salt, basil, and pepper together. Set aside.
2. In a large nonstick skillet, sauté the onions and potatoes until tender. Set aside. Cook the country style sausage, drain the grease, and then stir in the seasoning. Add the vegetables back to the meat. Spread the meat and vegetables across the bottom of the pan.
3. Pour the egg mixture over the meat and vegetables. Cook over medium heat. With a silicone spatula, lift the edges of the omelet so that the uncooked egg can flow back under the cooked portion of the omelet. Continue cooking until the omelet is mostly cooked and the top is still liquid.
4. Turn on the broiler element in the oven and set the rack about 5 or 6 inches below the element.
5. Sprinkle cheese over the top of the omelet. Set the omelet under the broiler element. Cook for about two minutes or until the top is set and the cheese is melted. Serve hot.