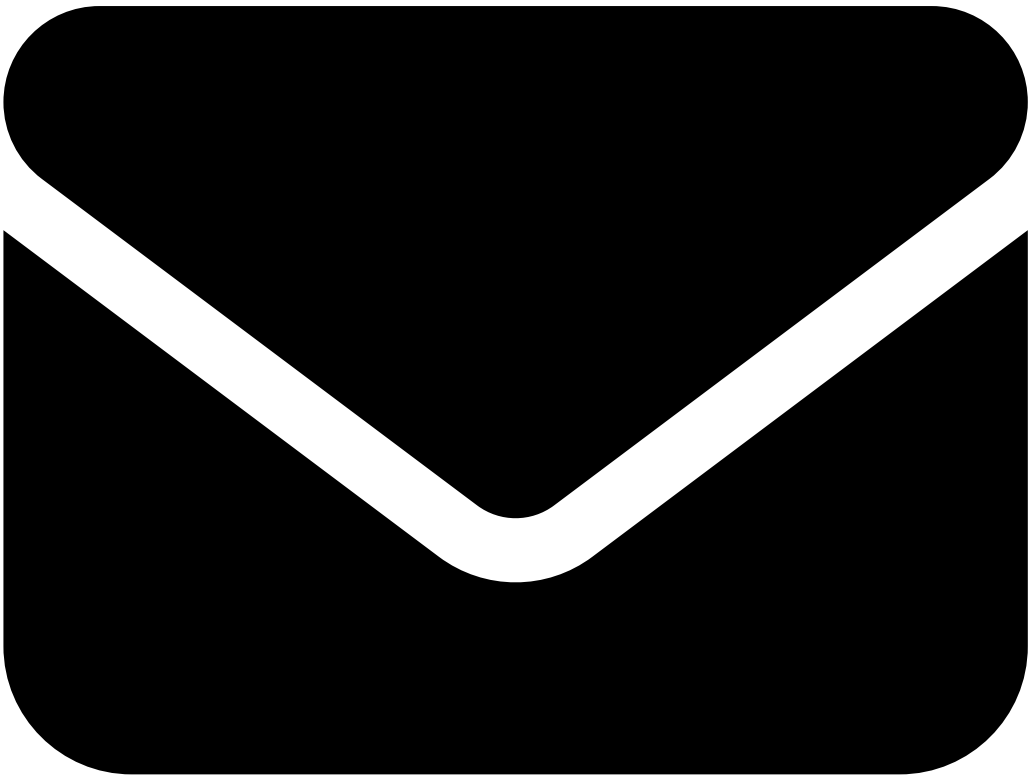
Spinach Potato Frittata Recipe

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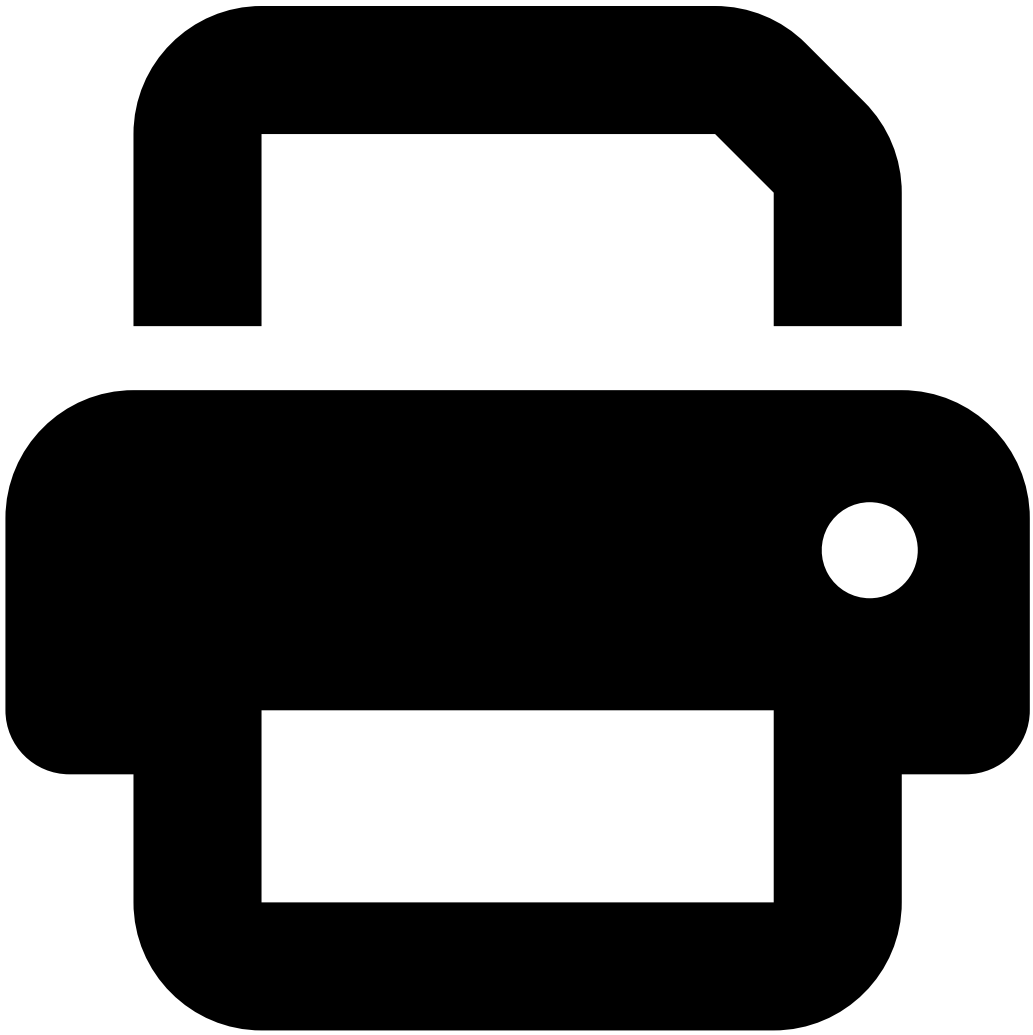
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This Spinach potato Frittata is one of those recipes like minestrone soup, it’s never the same twice. The recipe takes advantage of what’s in the refrigerator the only must have ingredient is eggs, after eggs than it’s pretty much what you have on hand. That’s one of the best things about frittatas, you can make them different depending on your life style and taste.

Growing up Frittata was a staple. It was what my mother made for us and any gathering where a food was required. And food is required at every Italian gathering. It was called Frittata of the Day on the menu, and that’s just what it meant, I did have my favorites though, and this combination of eggs, spinach, potatoes and parmesan cheese was and still is one of my absolute favorites.

Things to know about this Spinach Potato Frittata recipe

This Spinach Potato Frittata is an egg- based Italian dish, similar to an omelet or crust less quiche. Growing up this Spinach Potato Frittata was a staple.

I have to admit am not a fan of runny yolks, I like my eggs scrambled. frittatta are like scrambled eggs, enriched with added ingredients, like meat, cheese, or vegetables.

A frittata is is like an unfolded omelet, It is cooked slowly over low heat, while an omelet is cooked quickly over higher heat. One important thing the right size pan is important when your cooking a frittata or an omelet.

Here is a link to a beautiful 10 inch saute pan prefect for an omelet or for this Spinach potato Frittata recipe, now back to the difference between frittata and omelets.

Whereas omelets are served straight from the stove hot, frittata’s are often times served at room temperature. Making them prefect to make ahead for bunches, gatherings, picnics or anytime you want quick, easy and delicious. If you like frittatas Try my easy garden frittata

If you make this recipe please leave me a comment and please don’t forget to tag me on Instagram. I love hearing from you, it’s my favorite part.

Spinach Potato Frittata



Tender potatoes, fresh spinach, Parmesan, and herbs are folded into fluffy eggs for a hearty Italian frittata that's wholesome, comforting, and full of savory flavor.

- 8 eggs
- 1 cup parmesan cheese
- 2 tbsp butter
- 2 cups small cubed Yukon gold potatoes
- 2 cups chopped spinach
- ¼ cup cream or milk
- 1 tbsp chopped garlic
- 2 tbsp each chopped Italian parsley, sage and thyme
- Salt and pepper to taste

1. In a 10 inch nonstick saute pan melt the butter
2. Add the potatoes saute until golden brown salt and pepper
3. Add the onion and garlic saute until tender and just beginning to brown
4. Add 1/2 cup water cover and simmer for 10 minutes add the spinach the last 5 minutes
5. Beat the eggs until light
6. Add the parmesan, herbs, salt and pepper to egg mixture
7. Add egg mixture to medium heat pan cook covered 5 minutes lower heat and continuing cooking 10 minutes

8. Turn the flame off while placing a plate over the saute pan invert on to plate slide the fritatta back into pan cook covered on low heat 10 to 15 minutes
9. Sprinkle with additional Italian parsley and parmesan