

The Frittata Recipe I Never Made + WIAW #6

Description

Isn't it funny how something with a unique sounding name has most people thinking it's something hard to make or requires time they don't have? The frittata being one of them, is really just a crustless quiche. Oops, another uncommon name!

Okay, instead of quiche, how about an open-faced omelette? I mean, c'mon, an omelette you don't have to try and fold over? Score! The frittata is just that, and it can be as elaborate or simple as you want with 12 different mix-ins, or just a single ingredient.

That's what I love about them, their versatility. Everything you like on a pizza can be used in a frittata. And, just like pizzas can be savory as you usually see, frittatas can also become a sweet treat for late-night snacking or tasty breakfast. Or hell, why not both?

I have yet to do it, but think taking a ripe banana, slicing it into quarter-inch circles and using them for a sweet frittata with nut butter would be nothing short of spectacular! Plus, I see kids easily asking to have more after devouring what you thought was *your* breakfast.

Here's my (not) tried and true recipe for a banana bliss frittata..

Ingredients

- 1 medium ripe banana, sliced into quarter-inch circles
- 1 tsp coconut oil
- 2 eggs
- 1 tbsp nut butter of choice; my go-to fav is [NuttZo](#)
- Cinnamon to taste; I like A LOT
- Optional: liquid or powder stevia or 1 tbsp honey for extra sweetness

Directions

1. Preheat oven to 425 degrees F
2. Whisk eggs with nut butter, cinnamon, and optional sweetener and set aside
3. Add coconut oil to skillet on med-high heat and tilt to coat
4. Saute banana slices for 2-3 minutes or until you see them caramelizing
5. Pour egg mixture over banana slices in skillet and let set, lifting the edges to allow egg on the top to run below.
6. After about 2 minutes, finish off by placing in the middle rack of your oven for 3 minutes.
7. Remove and let sit 10 minutes to cool and pull away from the sides.

Now, you either love me for the idea, or hate me for not actually creating this dish and taking pictures. Maybe both? I know, I'm sorry, and if you don't do it soon, maybe I'll have a real pic to share next week.

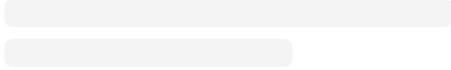
I do, however, have a savory frittata I recently made and can even share a pic or two. In the mix, I had a plethora of veggies including peas and carrots (ha ha, thatâ€™s for Jenn, the host of WIAW!), onions, green beans, swiss chard, corn, and canned diced tomatoes.



After sauteing everything and letting the excess liquid evaporate, I added 4 whisked eggs, let it sit, and then finished off in the oven. It was a hit for my mom, Averyâ€™s G-Ma, and wife!



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If youâ€™re wondering, the point of this post is simply to proclaim my love of frittatas. It has been waayyyyy too long since making them and hopefully the spell has been broken.

With that, let us move on to the main attraction, [WIAW](#)! Thanks to [Jenn from Peas and Crayons](#), for creating this fun link-up for foodies everywhere!

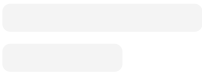
[what I ate wednesday](#), [WIAW](#)

The day started with my usual truckload of coffee. I picked up this cold brew at [Trader Joeâ€™s](#) and itâ€™s about the only thing Iâ€™m really liking from the place.



Then it was time for overnight oats with NuttZo and a smiling toddler!





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After working out, Avery and I tried my newest [microwave omelette maker bread](#) creations with NuttZo on top.



The verdict? They were all a hit with our little toddler as well as myself! Go me!



Lunch was spaghetti squash with grass-fed ground beef with lots of mushrooms and brussels sprouts. The picture sucks, the meal was wonderful!



Although I probably should have, I didn't eat anything again until dinner. I was hungry, and that frittata hit the spot!



Do you love frittatas?

What other creations have an intimidating name that sound hard to make but are really simple?

Have you ever had a sweet frittata like the banana and nut butter one I mentioned?

Before I'm done, just want to mention I love NuttZo and you **MUST** try it at least once forever! [Plus, if you go to their website](#) and enter code **liley15**, you can save 15% off your order.

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