

Spinach, Red Pepper and Goat Cheese Frittata

By Donna Walsifer

Adapted from Spinach and Red Pepper Frittata by Martha Rose Shulman

New York Times Cooking

From [A Better Way to Serve Eggs](#)

Yield: 6 Servings

Time: 1 hour

INGREDIENTS

1 6-ounce bag baby spinach, or 1 bunch spinach, washed and stemmed (alternately you can use one bag of chopped frozen spinach)

2 tablespoons extra virgin olive oil

2 red bell peppers, seeded and cut in small dice

1 to 2 garlic cloves (to taste), minced

10 fresh oregano leaves, chopped

Salt

8 eggs

4 ounces goat cheese

2 ounces diced pancetta

Freshly ground pepper

2 tablespoons low-fat milk

1. If using fresh spinach, chop fine and set aside.
2. Heat 1 tablespoon of the olive oil over medium heat in a heavy 10-inch nonstick skillet. Add pancetta and sauté until slightly brown. Add the bell peppers; stir frequently. After 4 minutes add the chopped garlic and salt to taste, stir for a minute. Add the chopped spinach and cover. After several minutes, remove cover and turn. Remove from heat when spinach has wilted and place in bowl to cool slightly.
3. Whisk eggs in a large bowl. Add approximately ½ teaspoon of salt, freshly ground pepper to taste, milk and the spinach/red pepper mixture and chopped oregano; mix thoroughly. Heat 1 tablespoon of olive oil in skillet. Pour egg mixture in and tilt pan to get an even layer. Using a spatula, lift edge of frittata to let eggs get underneath. Continue to run spatula around edge and lift frittata until eggs are no longer liquid. Place dollops of goat cheese on top; cover until mixture is set. Remove from heat. (You can also leave the eggs a bit soft in the center and place under the broiler for 2-3 minutes to gently brown the top and finish cooking the frittata.)
4. Run spatula around edges and gently lift bottom of frittata to make sure it's not sticking to pan. To serve, slide out of pan on to cutting board or platter. I invert my frittata onto a platter.

Special Notes:

I have made frittatas in the past, but I did learn a trick from one the cooking notes left on the New York Times Cooking webpage. It was suggested having the eggs are at room temperature as it prevents sticking. Also, I use a cast iron frying pan.