

Strawberry-Apple Frittata

This delightful frittata combines the natural sweetness of strawberries and apples with fluffy eggs, creating a unique and satisfying main dish. Perfect for breakfast or a light brunch, it's both nutritious and delicious!



Main Dish

25 min

Total time

easy

Difficulty

320

kcal / serving

Ingredients

- 1 medium apple, diced
- 1/2 cup strawberries, sliced
- 2 large eggs
- 1/4 cup milk
- 1 tablespoon butter
- Salt, to taste
- Pepper, to taste
- Fresh mint leaves, for garnish (optional)

Steps

- 1 Preheat your oven to 350°F (175°C).
- 2 In a skillet, melt the butter over medium heat.
- 3 Add the diced apple and sauté for about 3-4 minutes until slightly softened.
- 4 Stir in the sliced strawberries and cook for another 2 minutes.
- 5 In a bowl, whisk together the eggs, milk, salt, and pepper.
- 6 Pour the egg mixture over the apples and strawberries in the skillet, making sure the fruit is evenly distributed.
- 7 Cook on the stovetop for about 2-3 minutes until the edges start to set.
- 8 Transfer the skillet to the preheated oven and bake for 10-12 minutes, or until the frittata is set and lightly golden.
- 9 Remove from the oven and let it cool slightly before slicing.
- 10 Garnish with fresh mint leaves if desired and serve warm.