

# Oven-Baked Frittata with Veggies

## Description

*A recipe for Vegetable Frittata (crustless quiche) baked in the oven. A versatile vegetarian brunch recipe that can be made ahead. Keto, gluten-free, low carb and full of healthy veggies.*

## Ingredients

16 ounces broccoli (see notes)  
1 onion or leek, diced  
1–2 tablespoons [olive oil](#)  
1 red bell pepper, diced  
8 ounces mushrooms, sliced  
pinch [salt](#) and pepper

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12 large eggs  
1 cup ricotta (or sour cream)  
1 cup heavy cream (or sour cream)  
1/2 teaspoon [salt](#)  
1/2 teaspoon pepper

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1/2 cup fresh basil (save some for garnish)  
1–2 cups chopped baby spinach  
1–2 cups grated mozzarella (or other melty cheese- cheddar, jack, or crumbled [goat cheese](#))

## Instructions

Preheat oven to 350F

Make the veggie filling: Cut the broccoli into small florets and steam until just tender, let cool. At the same time, saute the onion or leek in [olive oil](#), 3-4 minutes, over medium heat. Add the peppers and mushrooms and season with [salt](#) and pepper. Keep sauteing until tender.

Make the custard: While the veggies are cooking whisk (or blend in a [blender](#)) the eggs with the ricotta, cream, [salt](#) and pepper. ( Most any combo of ricotta, sour cream and cream will work here- 2 cups total.)

Assemble the frittata: Grease a deep 9 x 13-inch [baking dish](#) or 12-inch skillet. Pour 1/2 of the egg mixture in the bottom. Add the cooked veggies (you should have roughly 6 cups). Add the

basil, spinach and cheese and pour in the remaining egg mixture. Give the veggies and little swirl so egg mixture is incorporated.

Bake: in the middle of the oven until the center is puffed and the frittata is nice and golden about 1 hour. Check at 30-40 minutes and tent with foil if getting too dark.

You'll know frittata is done when it puffs slightly at the very center and is not too wobbly.

Let stand 5 minutes before serving

<https://www.feastingathome.com/baked-frittata/#tasty-recipes-41184-jump-target>