

Wilderness Veggie Frittata

Serves: 6-8 people | **Cook Time:** 30 minutes | **Difficulty:** Easy

Equipment Needed:

- 12-inch dutch oven with lid
- Large mixing bowl
- Sharp knife and cutting board
- Whisk or fork

Ingredients:

Ingredient	Amount	Notes
Eggs	10 large	Room temperature
Heavy cream	1/4 cup	Or whole milk
Zucchini	1 medium, sliced	Quarter-inch rounds
Cherry tomatoes	1 cup, halved	Any variety
Red onion	1/2 medium, sliced	Thinly sliced
Baby spinach	2 cups, packed	Fresh leaves
Goat cheese	4 oz, crumbled	Soft variety
Fresh herbs	1/4 cup, mixed	Basil, thyme, oregano
Olive oil	2 tbsp	Extra virgin
Salt	1 tsp	To taste
Black pepper	1/2 tsp	Freshly ground

Complete Cooking Steps:

Step 1: Setup and Prep

Set up 19 coals, with 13 on top and 6 on bottom, to achieve a temperature of 350°F.

In a large bowl, whisk the eggs with cream, salt, pepper, and half the fresh herbs until well combined. Keep the goat cheese and remaining herbs ready for topping.

Step 2: Sauté the Vegetables

Heat olive oil in a Dutch oven over medium heat until it shimmers, then add the zucchini slices and red onion.

Add the cherry tomatoes and packed spinach, cooking for an additional 2-3 minutes until the spinach has wilted completely and the tomatoes are warmed through.

Step 3: Add Eggs and Initial Cooking

Pour the whisked egg mixture evenly over the sautéed vegetables, stirring very gently just once to distribute the vegetables throughout.

Let the eggs cook undisturbed for 3-4 minutes until you can see the edges beginning to set and pull away slightly from the sides.

Step 4: Add Toppings and Cover

Sprinkle the crumbled goat cheese and remaining fresh herbs evenly over the surface of the frittata.

Cover the Dutch oven with the lid and reduce the heat slightly by removing 2-3 coals.

Step 5: Finish Cooking

Continue cooking covered for 12-15 minutes until the center is set and no longer jiggles when you gently shake the pot.

The top should be lightly golden, and the eggs should be firm throughout when tested with a knife inserted in the center.

Step 6: Rest and Serve

Remove the frittata from the heat and let it rest for 5 minutes before cutting. This allows it to set completely and makes slicing easier. Cut into wedges like a pie and serve warm or at room temperature. The frittata can be served directly from the Dutch oven or transferred to a serving plate.

Serving Suggestions:

- Serve with crusty bread or toast
- Great for brunch with fresh fruit
- Can be eaten hot or at room temperature
- Perfect for using up leftover vegetables