



# Easy Spinach and Tomato Baked Frittata

## Why This Dish Sticks With You

The smell of baking eggs fills my kitchen every Sunday. I remember my first bite of this frittata. The warm tomatoes burst in my mouth. The parmesan cheese added a salty, rich flavor. **Ever wondered how a few simple ingredients create such magic?** It feels like a warm hug on a plate. This dish turns a normal morning into something special. I make it for family visits now. Everyone always asks for the recipe.

## My First Frittata Fumble

My first try was a funny mess. I used a regular pan, not oven-safe. The handle got very hot in the oven. I almost grabbed it without a mitt. The

eggs puffed up like a pillow, surprising me. **This taught me that good food does not need to be perfect.** Home cooking is about the love you put in. The small mistakes make the best stories. What was your last kitchen mistake?

## A Symphony of Simple Tastes

Let's talk about why this tastes so good. The creamy eggs balance the sharp parmesan cheese. The sweet tomatoes pop against the earthy spinach. Each bite is a perfect mix of soft and firm. **Which flavor combo surprises you most?** Is it the cheese and tomato? Or the egg and spinach? Share your thoughts below. I love hearing what you think.

## A Brief History of Comfort

Frittatas come from Italy, like an open-faced omelet. Families made them to use up leftovers. This made them a smart, cheap meal for many. \*Did you know the word “frittata” means fried?\* It refers to the initial stovetop cooking. This dish has fed families for generations. It is a timeless classic. What is your favorite classic comfort food? Tell me in the comments.



## Easy Spinach and Tomato Baked Frittata

### Ingredients:

Ingredient	Amount	Notes
Salted butter	1 tablespoon	
Shallot	3 tablespoons Sliced	
Eggs	5 large	
Cream	1 tablespoon	
Parmesan cheese	1/4 cup	Freshly shredded and divided
Grape tomatoes	1/2 cup	Thinly sliced
Baby spinach	1/2 cup	Thinly sliced

## Easy Spinach and Tomato Baked Frittata

**Step 1** Preheat your oven to 350°F. Grab your favorite oven-safe skillet. Melt the butter over medium heat. Then add your sliced shallots. (A hot pan makes shallots sweet, not bitter).

See also Cabbage Roll Casserole

**Step 2** Sauté the shallots for a minute or two. They will start to look see-through. Whisk the eggs, cream, and half the cheese. Keep that whisk moving for a fluffy frittata.

**Step 3** Toss the tomatoes and spinach into the pan. Stir them until the spinach wilts. This only takes a very short time. Now pour your egg mixture right over the top.

**Step 4** Let the eggs cook on the stove for 3-4 minutes. Do not stir them at all. Sprinkle the rest of the cheese on top. Then move the whole pan into the oven.

**Step 5** Bake for five minutes. Then turn on the broiler. Watch it closely for 30-60 seconds. You just want the top to turn a lovely gold.

**What is the key to a fluffy, not flat, frittata? Share below!**

**Cook Time:** 15 mins

**Total Time:** 20 mins

**Yield:** 4 servings

**Category:** Breakfast, Brunch

## Make It Your Own

This basic recipe is so flexible. You can easily change it up. Try one of these fun twists for a new meal.

**Meat Lover's:** Add cooked crumbled bacon or sausage with the veggies.

**Spicy Kick:** Mix in a pinch of red pepper flakes with the eggs.

**Garden Fresh:** Use zucchini or mushrooms instead of tomatoes.

**Which creative spin would you try first? Tell me in the comments!**

## Serving Your Masterpiece

This frittata is a star on its own. But it loves good company too. For a full brunch, add simple sides. Buttered toast or fresh fruit salad work perfectly.

See also [No-Bake Granola Bars](#)

For drinks, I have two favorites. A crisp glass of orange juice is always good. A light mimosa is a festive choice for weekends.

**Which would you choose tonight: juice or a mimosa?**



## Easy Spinach and Tomato Baked Frittata

### Keep It Fresh or Freeze It

Let your frittata cool completely first. Store slices in the fridge for three days. You can also freeze them for a month. Wrap each piece tightly in plastic wrap. Thaw in the fridge overnight before reheating.

Reheat a slice in the microwave or a warm oven. I make a big batch on Sundays. It makes my weekday mornings so much easier. What is your favorite make-ahead breakfast?

### Simple Fixes for Common Troubles

Is your frittata too wet? Squeeze out your spinach well first. Excess water can make the eggs soggy. If the bottom burns, your heat is too high. Cook it on a medium setting only.

The top not browning? Make sure your broiler is fully hot. Let it preheat for a few minutes. Getting the texture right matters. It turns a simple egg dish into something special.

### Your Frittata Questions Answered

**Can I make this gluten-free?** Yes, it is naturally gluten-free. Just check your cheese labels to be safe.

**Can I make it ahead of time?** Absolutely. Bake it, cool it, and keep it in the fridge. Reheat slices when you are ready.

**What cheese can I swap for parmesan?** Try sharp cheddar or feta cheese. They will give a nice salty flavor.

**Can I double this recipe?** You can. Use a larger oven-safe skillet. Just add a few more minutes to the bake time.

**No shallots, what can I use?** A small bit of onion or even leeks works well. It will still taste great.

See also [No-Noodle Zucchini Lasagna Recipe](#)

## Share Your Kitchen Creation

I hope you love this easy recipe. It always reminds me of sunny weekend mornings. Did you try a fun add-in? I would love to hear about it.

**Share your photos and tag Savory Discovery on Pinterest.** Happy cooking! —Elowen Thorn.

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## Easy Spinach and Tomato Baked Frittata

Author: Elowen Thorn

Cooking Method:[Baking Stovetop](#)



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Difficulty: **Beginner**

Prep time: **5 minutes**



## Easy Spinach and Tomato Baked Frittata | 18

Cook time: **15 minutes**

Rest time:



## Easy Spinach and Tomato Baked Frittata | 20

Total time: **20 minutes**

**Servings: 4 servings**



## Easy Spinach and Tomato Baked Frittata | 22

Calories: **kcal**

**Best Season: Summer**

## **Description**

This Tomato Spinach Frittata recipe is excellent for breakfast or brunch,

packed full of delicious flavors from tomatoes, spinach, shallots, and parmesan cheese!

## Ingredients

- ▢ 1 tablespoon salted butter
- ▢ 3 tablespoons shallot (, sliced)
- ▢ 5 large eggs
- ▢ 1 tablespoon cream
- ▢ 1/4 cup Parmesan cheese (, freshly shredded and divided)
- ▢ 1/2 cup grape tomatoes (, thinly sliced)
- ▢ 1/2 cup baby spinach (, thinly sliced)

## Instructions

1. Preheat the oven to 350°F. Melt the 1 tablespoon salted butter in a 10-inch cast iron pan or oven-safe skillet over medium heat.
2. Sauté the sliced 3 tablespoons shallot for 1-2 minutes until they start to turn opaque.
3. In a medium mixing bowl, crack the 5 large eggs and whisk with 1/8 cup of the Parmesan cheese and 1 tablespoon cream.
4. Add the sliced 1/2 cup grape tomatoes and sliced 1/2 cup baby spinach to the cast iron pan, stir continuously until spinach starts to wilt.
5. Pour the egg mixture directly over vegetables. Cook untouched for 3-4 minutes.
6. Top with the remaining 1/8 cup of parmesan cheese and place in oven for 5 minutes. Increase heat to broil and allow top to lightly brown, maybe only 30 seconds to 1 minute.

## Notes

If you've tried this recipe come back and let us know how it was in the comments or star ratings.

Keywords: Frittata, Spinach, Tomato, Eggs, Breakfast, Brunch