



Ingredients

- ✓ 8 large eggs
- ✓ ½ cup cashew milk (if you want to be indulgent, you can use cream)
- ✓ Kosher salt and black pepper to taste
- ✓ ½ cup finely diced bacon
- ✓ 1 cup diced onion (from 1 small onion)
- ✓ 2 cups diced red or orange bell peppers (from 2 peppers)
- ✓ 1 (5-ounce) package baby spinach
- ✓ 4 ounces fresh goat cheese, fontina, or feta

Loaded Baked Frittata

I am a big egg fan, in all its many guises. But there's only so many scrambled or omelets you can do before you need something more exciting. Enter: [the humble frittata](#). It's incredibly easy, versatile, and quick to put together. Plus, it's pretty! This is one of my favorite recipes. It elevates the weekend every time. Enjoy!

Directions

1. Heat oven to 375 degrees. In a medium bowl, beat eggs, milk, salt and pepper until smooth. Set aside.
2. Put bacon in a 10- to 12-inch cast-iron or oven-safe nonstick skillet. Set over medium heat and cook, stirring occasionally, until browned, 4 to 5 minutes.
3. Add onions and peppers and cook, stirring often, until onions are translucent, 6 to 7 minutes.
4. Add the spinach a handful at a time, stirring after each addition, to wilt.
5. Reduce heat to low and pour in the egg mixture. Stir well to evenly distribute the vegetables, then smooth the top. Drop small nuggets of cheese evenly on top. Transfer to the oven.
6. Bake until the top is golden brown and the eggs are set, 20 to 25 minutes. When you shake the pan, the eggs shouldn't jiggle. Cool on a rack for about 10 minutes.
7. Cut into wedges to serve warm or at room temperature.

Chef's note: the original recipe calls for quite a bit of salt, which I tend to leave out, considering the bacon is plenty salty.

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com/Recipes. Want a wine to go with your recipe? Check out J.T.'s wine blog at TheWineVixen.com.