

Cheese-Free Frittata

Serves 4-6

This version of the classic baked-egg dish does not contain cheese, as in Ayurveda, eggs and dairy products are considered too heavy to digest well together. Goat cheese, however, has lighter and warmer qualities than cow's cheese, and I've included it as an addition for cool weather and for those who digest complicated foods well.

Egg whites can be used in this recipe and are indicated for those with acid stomach or when heavy, dense qualities predominate in the body. For a smaller frittata, halve the recipe, cook it in a 6- to 8-inch skillet, and reduce the cooking time by as much as half.

Ingredients

- 2 cups vegetables, chopped into bite-size pieces (especially hearty greens)
- 2 tsp ghee
- 8 eggs
- ½ cup almond milk (or vegetable broth, if preferred)
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp turmeric powder

Steps

- Put the vegetables and 1 Tbsp water in a frying pan, cover tightly, and steam sauté at medium heat for 7–10 minutes, until tender.
- Pour off any extra water that may remain—less water in the vegetables will help the frittata cook faster.
- Melt ghee in an 8- to 10-inch skillet on medium heat. (Cast-iron skillets are great for frittatas.)
- In a bowl, beat eggs, milk or broth, salt, pepper, and turmeric briskly with a fork for 1–2 minutes.
- Pour the egg mixture into the hot skillet.
- Distribute the steamed vegetables evenly over the egg mixture and cook over medium heat until eggs are almost set, about 8–10 minutes.
- To check, cut a small slit in the center of the frittata; when almost set, a small amount of uncooked egg will run into the cut. Cover and cook for 5–7 minutes more, or until eggs are completely set.
- Right in the pan, cut into wedges for serving or turn whole onto a plate for presentation.