

# CORN AND BASIL FRITTATA

## ADAPTED FROM CHOPCHOPFAMILY.ORG

### KITCHEN GEAR

Cutting board  
Sharp knife (adult needed) or kitchen scissors  
Measuring spoons  
Box grater  
8 x 8-inch baking pan or 9-inch pie plate  
Measuring cup  
Mixing bowl  
Whisk or fork  
Pot holders/Oven mitts

### INGREDIENTS

1 teaspoon olive oil  
8 large eggs  
1/2 teaspoon salt  
1/2 cup chopped fresh basil leaves  
4 scallions, greens and whites, chopped  
1 1/2 cups corn kernels (frozen and defrosted, or freshly cut from 2 ears of corn, which is a job for an adult)  
1/2 cup grated cheddar cheese\*\*

### INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

If you are interested in an alternate process, please refer to below these instructions.\*

1. Turn the oven on and set the heat to 350 degrees. Lightly grease the baking pan with the oil.
2. Crack the eggs, one at a time, by hitting the midpoint between the more-rounded (wide) end and the pointier end of the egg against the sharp edge of the small bowl. Hold the egg over the bowl with the cracked part facing up. Pry the shell open gently and allow the eggs to slide into the bowl. Be sure to wash your hands with soap and water after handling raw eggs!
3. Add the salt and use the whisk or fork to whisk the eggs until they are pale and yellow.
4. Add the basil, scallions, corn kernels, and cheese and mix again. Carefully pour mixture into baking pan or pie plate.
5. Once the oven temperature has reached 350 degrees, carefully put the pan in the oven and bake until the top is golden and the eggs are set, 25-30 minutes. (You'll know the eggs are set when you can move the frittata without the center jiggling.) Set aside to cool and serve warm, cold, or at room temperature. Or cover and refrigerate up to 2 days.

\*Alternate instructions – Pat thawed corn well with a paper towel. Place two tablespoons of olive oil in a 10-inch non-stick skillet. Heat skillet over medium heat. Place corn in skillet. Cook until corn is lightly browned – about 5-6 minutes, stirring only occasionally. Remove corn from skillet and cool completely before adding to eggs. Add remaining ingredients to eggs, including cooled corn. Add mixture to a 10-inch non-stick skillet. Bake in oven until eggs are just firm – about 21-22 minutes. Use oven mitt to remove skillet from oven. **Skillet handle will be very hot. Keep mitt on skillet handle until handle has cooled completely.** \*\*Vary the amount of cheese just a little each time you make this recipe to determine what works best for you and your family.