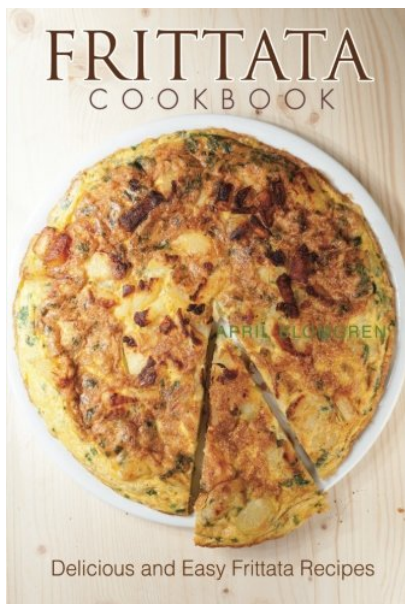


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by April Blomgren : **Frittata Cookbook: Delicious and Easy Frittata Recipes**

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PDF-da840 | Similar crust-less quiche, a frittata is thickly fried or baked egg-based omelet, originated from Italy. Enriched in protein, Frittata is extremely nutritious, healthy and low-calorie. It is very cheap to prepare and an ideal way to use the leftover to make a quick meal with minimal effort. Moreover, it can be made ahead and serve hot or cold. The egg is the main ingredient in a frittata, making ... *Frittata Cookbook: Delicious and Easy Frittata Recipes*

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