

THE
TEMPLE
EMANU-EL
STREICKER
CENTER



LEAH KOENIG
PESACH MAIN COURSES, ITALIANO

Pumpkin Frittata

(Frittata di Zucca)

MAKES 4 – 6 SERVINGS

Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 large onion, finely chopped
- Kosher salt and freshly ground black pepper
- 1 pound sugar pumpkin or butternut squash, peeled, seeded, and cut into ½-inch cubes (about 3 cups)
- ½ teaspoon ground cinnamon
- ½ teaspoon onion powder, optional
- 6 eggs

Preparation

1. Preheat the oven to 350°F (180°C). Heat the oil in a medium cast iron pan or other oven-proof frying pan set over medium heat. Add the onions and a generous pinch of salt, cover pan, and cook, stirring occasionally, until softened and lightly browned, 8 to 10 minutes. Add the pumpkin and continue cooking, covered and stirring occasionally, until softened and lightly browned, about 10 minutes. Stir in the cinnamon and onion powder, if using.
2. While the pumpkin is cooking, whisk the eggs, ½ teaspoon salt, and a generous amount of black pepper together in a bowl. Pour the egg mixture over the pumpkin mixture, stir gently to combine, then transfer the pan to the oven. Bake until top is set and lightly puffed, 10 to 15 minutes. Remove from the oven and let cool for 10 minutes. Gently run a rubber spatula around the edges of the pan, then carefully flip the frittata onto a serving plate or cutting board. Serve warm or at room temperature.