

[recipes](#)

# Sausage and Broccoli Rabe Frittata

67 Ratings

Published [October 2013](#)

## Ingredients

- 12 large eggs
- ½ cup whole milk
- ¾ cup grated cheddar, divided
- Kosher salt and coarsely ground black pepper
- 2 tablespoons vegetable oil
- ½ medium onion, chopped
- ½ pounds fresh Spanish chorizo or hot Italian sausage links, casings removed
- 1 bunch broccoli rabe, coarsely chopped

## Recipe Preparation

- Preheat broiler. Whisk eggs and milk in a medium bowl. Mix in ½ cup cheddar; season with salt and pepper and set aside.
- Heat oil in a large skillet, preferably cast-iron, over medium heat. Add onion and chorizo and cook, stirring occasionally, until onion is softened and chorizo is brown, 6–8 minutes. Add broccoli rabe; season with salt and pepper and cook, stirring occasionally, until tender, 8–10 minutes longer.
- Reduce heat to low and pour reserved egg mixture over vegetables. Cook, shaking pan occasionally, until edges are just set, 10–12 minutes. Top frittata with remaining ¼ cup cheddar; broil until top is golden brown and center is set, about 4 minutes longer.
- Cut frittata into wedges and serve warm or room temperature.
- **DO AHEAD:** Frittata can be made 2 hours ahead. Let cool, then cover.

## Nutritional Content

Calories (kcal) 310 Fat (g) 22 Saturated Fat (g) 7 Cholesterol (mg) 350 Carbohydrates (g) 6 Dietary Fiber (g) 0 Total Sugars (g)

2 Protein (g) 21 Sodium (mg) 610

Watch



[Binging with Babish Host Andrew Rea Reviews The Internet's Most Popular Food Videos](#)

**Explore Bon Appétit**

[BreakfastBroccoli RabeBrunchCheddarChorizoEggSausagePork](#)