

Leftover Turkey–Broccoli Skillet Frittata

Serves: 3–4

Equipment: 10-inch cast-iron skillet (or any oven-safe skillet), broiler

Ingredients

- Leftover protein from last night—I used cooked turkey medallions (Trader Joe’s sous vide turkey works perfectly)
- Leftover veggies from last night—I used broccoli
- Leftover brown rice or couscous or whatever else looks good from last night’s dinner
(Amounts are flexible—enough to comfortably fill the skillet in an even layer)
- 5 large eggs
- ~1 teaspoon olive oil
- Salt and freshly ground black pepper
- Garlic (powder or fresh, to taste)
- Shredded or sliced cheese of choice (enough to lightly cover the top)

Method

1. Prep the leftovers

Chop the turkey, broccoli, and brown rice into small, bite-size pieces so everything cooks evenly and crisps well.

2. Crisp the base

Heat a 10-inch cast-iron skillet over medium heat. Add the chopped leftovers and cook, stirring occasionally, until warmed through and lightly crispy at the edges.

3. Blend the eggs

In a Nutribullet (or bowl), combine the eggs, olive oil, salt, pepper, and garlic. Blend or whisk until fully emulsified and slightly frothy.

4. Add the eggs

Pour the egg mixture evenly over the skillet contents. Let cook undisturbed until the edges begin to set but the top is still slightly wet.

5. Set the eggs evenly

Run a spatula around the edges of the skillet. Gently tilt the pan, allowing uncooked egg from the top to flow underneath and along the sides. Continue cooking another 2–3 minutes, until mostly set.

6. Cheese & broil

Sprinkle cheese evenly over the top. Add a light pinch of salt and a generous grind of black pepper. Place the skillet under the broiler for about 3 minutes, until the cheese melts and begins to bubble.

7. Rest & serve

Remove from the oven and let rest 3–5 minutes. Slice into four portions and serve.

Notes

- This is intentionally flexible—any leftover protein, grain, or vegetable combo works.
- Cast iron retains heat, so pull it as soon as the cheese bubbles; carryover heat will finish the center.
- Excellent hot, warm, or straight from the fridge the next day.

Et voilà. A zero-waste, one-pan meal that feels more intentional than its parts.