



What's On My Plate?

Acuna Frittata!!

From *The Enchanted Broccoli Forest* by Mollie Katzen – “Frittata” page 178

Ingredients:

1 tbsp. Olive Oil
1/2 cup minced onion
3/4 tsp. salt (I used kosher)
A pinch of dried oregano
A pinch of dried thyme
8 to 10 mushrooms sliced
1 cup diced zucchini and/ or summer squash
1/2 cup minced bell pepper (I used red)
1 small garlic clove, minced
2 handfuls chopped spinach and/ or arugula (I used arugula since I had some left over from last week's menu)
Freshly ground pepper
A few fresh basil leaves (if available)
4 or 5 eggs (ok to delete a yolk or two - I deleted 1 of 5 yolks) *or equal amount of Egg substitute*
(Optional) 1/4 lb. Fontina cheese, grated or sliced (fontina cheese was just too darned expensive for my budget of late so I opted for nonfat mozzarella. In hindsight a better flavor substitution would be Gruyere).

Directions:

1. Preheat oven to 375 degrees
2. Heat the oil on the stovetop in a 9 or 10-inch cast iron (or oven proof) skillet. Add the onion and half the salt, and sauté over medium heat for about 5 minutes.
3. Add dried herbs, mushrooms, zucchini or squash, bell pepper and garlic. Cook, stirring over medium high heat for another 5 minutes or until vegetables are tender.
4. Turn the heat up and add the spinach and/ or arugula with the remaining salt and black pepper to taste. Stir and cook for just a minute or two - until some of the liquid evaporates. Stir in the basil.
5. Beat the eggs in a separate bowl, then pour them into the vegetables. Sprinkle in some cheese if desired (*which I did*). Place the pan in the preheated oven for about 10 to 15 minutes or until the frittata is solid when you shake the pan. (If you so desire, you can add some extra cheese to the top midway through the baking... *Which I did and I would recommend*)
6. Serve and cut into wedges - hot, warm or at room temp (I served it warm).

Recipe rating: 4 out of 5 stars. Easy, easy and nutritious!