

Cooking with the Club

by our own
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Photos by Ana Larios



Send Us Your Recipes!

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DIRECTIONS:



1 Wash the potatoes and squash, then pat dry.



2 Peel the potato skins.



3 Dice the potatoes and squash.



4 Dice the chives and parsley.



5 Grate the cheddar cheese.



6 Add all eight eggs in a bowl with the 1/4 cup of milk and salt and pepper. Whisk vigorously.



7 Use cooking spray or the olive oil to coat a large non-stick skillet that can also be used in the intensely high heat of an oven.



8 Add the egg mixture onto the skillet at medium heat and then add the diced potatoes, squash and half of the diced chives and parsley. Use the other half toward the end of cooking. Let cook on the stovetop for about three minutes.



9 Place the cheese on the mixture and place in a 350-degree oven for about 15 minutes until the cheese is melted and bubbling. Then change the oven setting to broil for another five minutes. Add the remainder of the chives and parsley.



10 Take the frittata out of the oven and let cool.

Fritterin' Away the Blues

Here's a recipe for a frittata from my sister, Ana. She's been making this dish for years and has recently perfected it. It's a meal that can be made very quickly.

What's a frittata? All in all it's a giant-sized omelet that has not been folded. You can add a variety of foods to complement the dish, such as cheese, potatoes, bacon, etc. In Ana's version, she has made a vegetarian-style frittata, though she wanted to make sure to point out that anyone who makes this dish is more than welcome to add some bacon or ham – just make sure they're cooked before you add it to the egg mixture just before it goes in the hot oven.

If you're looking for a low fat, low cholesterol version of this recipe, replace the olive oil with cooking spray; replace the cheese with a low fat variety; and use egg whites instead of the whites and yolks.



The main ingredients in a frittata are eggs and, in this case, summer squash and potatoes.

Ana's Frittata

6 to 8 servings

INGREDIENTS:

- 1 squash
- 8 eggs
- 3 small potatoes
- 1/4 cup of chives
- 1/4 cup of fresh parsley
- Salt and pepper

- 8 to 16 ounces extra sharp cheddar cheese
- 1/4 cup of milk
- 2 tablespoons of olive oil (cooking spray works as well)



You may add some chives as I did. Enjoy!