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Cooking with the Club

with Chef Robert Larios



SPINACH AND MUSHROOM FRITTATA

With the omelet and quiche, the frittata is another a delicious egg-based dish. It is versatile, since many varieties of ingredients can be mixed in, including meats, cheeses and vegetables. In the version I make, I use spinach, mushrooms and green onions in honor of those Club Members who have expressed a need to cook healthier. Spinach provides strong antioxidants as well as being a good source of iron. Mushrooms provide a good source of vitamins and minerals as well. For a higher level of healthy cooking, you may substitute the eggs for just egg whites, and eliminate the use of Parmigiano-Reggiano cheese.

Spinach and Mushroom Frittata

Serves 4 to 6

INGREDIENTS:

- 1 to 3 cups fresh spinach, chopped
- 2 eggs with 3/4 cup egg whites
- A pinch of sea salt
- A pinch of freshly ground pepper
- 1 cup part-skim ricotta cheese
- 1 cup mushrooms, sliced
- 1/2 cup finely chopped green onions (scallions)
- 1/4 teaspoon dried Italian seasoning
- 3/4 cup Parmigiano-Reggiano cheese, grated.

Cooking TIDBIT

Instead of spinach or mushrooms, meats and other vegetables can be used including sausages and zucchini.

[A Cook's Dictionary]



Frittata:

An Italian omelet that usually has the ingredients mixed with the eggs rather than being folded inside, as with a French omelet. It can be flipped, or the top can be finished under a broiling unit. An omelet is cooked quickly over moderately high heat and, after folding, has a flat-sided half-oval shape. A frittata is firmer because it's cooked very slowly over low heat, and because it isn't folded.

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Food Fact

In ancient times, sap from a marshmallow plant was whipped with eggs and sugar, and used to remedy coughs.

DIRECTIONS:



1 Begin by pre-heating the oven to 375 F. Wash and dry the mushrooms and green onions. Slice the mushrooms and finely dice the green onions.



2 In a mixing bowl, add the eggs and egg whites, and proceed to add the Parmigiano-Reggiano cheese with the ricotta cheese. Add the salt and pepper along with the spinach and Italian seasoning. Mix ingredients.



3 In a large Corning-ware dish, add cooking spray along the sides then add the mix ingredients. You may add more Parmigiano-Reggiano cheese on the top to help create a crust-like texture while baking. Bake for 30 to 45 minutes, then broil another 15 minutes. When there is browning at the top, remove from the oven and let cool for about 20 minutes.



4 Serve and enjoy!