

THE DISH



More than just an melette

Frittatas an easy, healthy meal option



Photos by Maryjo Faith Morgan

Frittata may just sound like a fancy word for an omelette.

What makes frittatas so good is that you have a tasty omelette that is not scorched on the bottom, is fluffy and light and yet the cheese is melted to perfection.

In Good Taste



Surveyor Columnist
Maryjo Faith Morgan

The trick is to start by sautéing veggies at medium high heat in a non-stick pan so that you can get away with about a teaspoon of olive oil.

Stir them frequently and do not allow them to brown. Meanwhile, beat the egg well (I simply use a blender to get a light texture) and pour gently over sautéed veggies, turning the oven down to medium low or low and cover.

At the same time, preheat the oven to 300 degrees.

Cook on top of the stove for five to seven minutes or until the egg looks puffy and has pulled away from the sides of the pan a bit.

Then add cheese — either sprinkle lightly with shredded cheese or arrange with thin strips of cheese and/or ham/pepperoni. Leave uncovered and bake in oven for five to seven minutes

or until cheese has melted and egg is no longer shiny in appearance.

As you experiment with frittatas, you can try adding all sorts of veggies, including artichokes, olives, pepperoncini, collard green stems and leaves, chard stems and leaves, a half-cup cooked and cooled spinach (add this to the blender with the eggs) and all varieties of peppers.

If your family likes it hot, add jalapeños or Anaheims.

You can keep the flavor high and the cholesterol low by using meats and cheeses as flavorings and rely on the egg whites and veggies for the volume. Sprinkle with small amounts of bacon bits or use just one to two slices of deli meat sliced thin and arranged so that you get a taste in every bite.

Use cheeses sparingly; it will add delicious flavor without generous portions. A huge variety of cheeses work well, adding flavor and color, such as American or cheese made from low-fat milk, pepperjack, extra sharp cheddar, low-fat sun-dried tomato and basil feta, low-fat herb feta, and garlic-flavored cheeses.

The feta cheeses should be added to the egg mixture right away since they do not melt down quickly and can withstand both the stove top and oven portions of the cooking process without scorching.

Some low-fat cheeses melt better than others, so if using a variety that doesn't melt well, consider dicing and sprinkling the cheese into the egg mixture halfway through the stove top portion of cooking.

To entice your family, offer slices of avocado or tomato or sticks of celery with hummus. Serve with fresh fruit, salsa or whole-grain toast.

If you use egg substitute, use half regular egg substitute and half all whites egg substitute for a fluffier frittata. If you get it on sale and stock up, it truly is less expensive than eggs and far better for your cholesterol.

Ham and Swiss Frittata

2 eggs or 1/2 cup egg substitute per person
(for a lighter product, use more egg whites and remove all but one yolk to make the 1/2 cup)

Sautéed Veggies:

4 to 5 medium sized mushrooms, sliced
2 stalks celery, sliced
2 green onions, sliced
4 tablespoon freshly snipped parsley

1/4 cup diced bok choy stems
(you can reserve the leafy parts to use in salads or just add to the egg in the blender)

Topping:

Thin strips of low-sodium deli ham
Thin strips of low-fat alpine lace deli Swiss

Serve with fresh orange sections, banana or apple slices, etc.

Sun-Dried Tomato with Feta Frittata

2 eggs or 1/2 cup egg substitute per person
(for a lighter product, use more egg whites and remove all but one yolk to make the 1/2 cup.)

Add 2 tablespoons of sun-dried tomatoes, diced somewhat before adding to blender

Note: If using sun-dried tomatoes packed in oil, drain well and pat dry. If using the dry variety, soak in 1/2 cup warm water for a half hour, drain and pat dry. The blender process distributes the flavor evenly throughout the frittata.

Sautéed Veggies:

4 to 5 medium sized mushrooms, sliced
2 stalks celery, sliced
2 green onions, sliced
1/2 cup fresh zucchini, diced into 1/4 inch cubes

Topping:

1/4 cup shredded low-fat mozzarella

Use these two recipes as starting points. Be creative and have fun blending flavors and textures for unbeatable breakfasts that can serve as dinner entrees as well.

Maryjo Faith Morgan is a freelance writer who started making frittatas when on the South Beach Diet. Since then they are a frequent product of her kitchen.



**FRONT RANGE
ELECTRONIC
SERVICES**

**IT and Computer Services
Web Development Services**

**Specializing in small businesses
and home offices**

5017 Meining Road
Berthoud, CO 80513
970-532-1072

E-mail: lynda@frontrange-pc.com
Website: WWW.frontrange-pc.com

GL's Enterprise Creations

- Hats ■ T-shirts ■ Sweatshirts ■ Polo Shirts
- Jackets ■ Custom Screen Printing ■ Embroidery

Use your imagination to create a unique design, or ask us to assist you in capturing a special moment or event.



Call today for a free quote,
or visit us on-line at

<http://glecreations.com>

429 South 3rd St., Berthoud
(970) 532-5835

Locally Owned & Operated



MOUNTAIN VIEW
TIRE AND AUTO SERVICE

216 E. 3rd Street • 667-4003

Oil, Lube & Filter

\$19⁹⁵ New filter & up to 5 quarts oil
FREE Preventative Maintenance Check
(On Request)

Most vehicles. Not valid with other offers. Expires 12-31-04

**Happy
advertising
in the:**

**BERTHOUD WEEKLY
SURVEYOR**