Potato Frittata with Zucchini and Spinach

Ingredients: (serves 4)
- 4 tbsp. olive oil
- 1 large russet potato, peeled and cut into 1/8-inch-thick slices
- Salt and freshly ground black pepper
- 2 small zucchini, thinly sliced
- 3 cups finely chopped fresh spinach
- 2 tbsp. chopped fresh basil or 1/2 tbsp dried oregano
- 1 small onion, thinly sliced
- A few jarred roasted red bell pepper strips, sliced
- 5 eggs
- Grated Parmesan cheese (optional)

Instructions:

Together: Slice potatoes, zucchini, fresh spinach, onion and chop basil (if using).

Adult: Preheat oven to 350 degrees. In an 8” nonstick sauté pan, heat 1 tablespoon of the olive oil over medium heat.

Together: Add the potato and cook, turning often, until tender and golden, about 10 minutes. Season with salt and pepper. Remove the potato slices with a slotted spatula and set aside in a bowl.

Together: Add 1 tablespoon oil to the same pan and fry the zucchini, turning once, until tender and slightly golden, about 4 minutes. Add the basil and season with salt and pepper. Using the slotted spatula, add the zucchini to the potatoes.

Together: Add enough oil to the pan to total 2 tablespoons and return to medium heat. Add the onion and sauté until soft and tender, about 10 minutes. Remove with the slotted spatula and add to the potatoes.

Kid: Add the bell pepper strips to the vegetable mixture.

Kid: In a large bowl, break the eggs and until well blended, adding a little of the Parmesan, if using.

Together: Add to the vegetables. Pour the mixture into an oiled baking dish, such as a 9-inch round pan.

Adult: Bake at 350 degrees until set and golden, about 25 minutes.

The humble frittata provides an easy way to transform fresh vegetables and flavorful herbs into a quick and satisfying meal. Kids learn a versatile cooking skill by helping to crack the eggs. This recipe comes to us from our friends at The United States Potato Board.

Nutrition info per serving: 341 Calories, 211 Calories from Fat, 23g Total Fat, 6g Saturated Fat, 243mg Cholesterol, 599mg Sodium, 663mg Potassium 19g Total Carbohydrates, 3g Dietary Fiber, 16g Protein, 4g Sugars, 62% Vitamin A, 51% Vitamin C, 21% Calcium, 14% Iron
Although potatoes come from South America, Spanish sailors brought them to Europe in the 1500s. In the 1840s, Europe was hit with a plant disease called potato blight, which killed many potato crops and led to famine in places like Ireland. As a result, many Irish families immigrated to the U.S. and Canada looking for a better life.

Basil loses some of its flavor when dried, so this recipe calls for either fresh basil or dried oregano, an herb with a much stronger flavor in its dried form. When substituting dried herbs for fresh, use about one-half to one-quarter the amount.

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What countries did your family’s ancestors come from? What Languages did they speak and what food did they eat?