



## Potato Frittata with Zucchini and Spinach



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](#).

### 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 tsp 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 1 tablespoon olive oil to pan and sauté spinach until wilted, using slotted spatula, add to potatoes and zucchini.

**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.

# Food For Thought!

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.



## Cooking Tip of the Week

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.

## Conversation Starter

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



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