

Vegetable Frittata (open faced omelet)



This is a version of the *Tortilla Española*, a beloved and probably one of the best known of the tapas items found in many Spanish bars and eateries. Here's our version of it with additional vegetables from the farmers' market.

Ingredients:

Yield: 6-8 servings

1-2 small Yukon gold or red potatoes, scrubbed, halved lengthwise and cut into 1/3 inch slices

1 Small onion, cut into ¼ inch slices

3-4 T Olive oil, divided (can also substitute a neutral oil like organic canola or grapeseed)

1 Medium zucchini or other summer squash, cut in half vertically and sliced cut into thin half moons

4 stems of swiss chard or kale, stripped off of the stalk – cut the stalk in ½ inch pieces, split the leaves and cut into thin ribbons (chiffonade)

8 Eggs, well beaten with 1 T of water, pinch of both salt and black pepper

Salt and ground black pepper

Method: Pre-heat the oven to 350° F.

Cook the potato slices in well-salted water, starting from cold water. Bring to a boil, then lower heat and simmer until the potatoes are just barely tender. Remove from heat and drain well in a colander. Drape a clean dish towel over the colander so the potatoes can steam and dry.

Heat an oven-proof non-stick, well-seasoned medium sauté pan or 10-inch cast iron skillet over medium heat and when the pan is hot, add 2 T of the olive oil and swirl to cover the pan. When the oil is hot, add the onions and immediately turn the heat down to low. Add a pinch of salt, and cook until soft and translucent but not browned. Add the zucchini without stirring and let the squash brown, about 2 minutes. Add the swiss chard / kale and stir. Add another pinch of salt and 2 grinds of black pepper (about 1/8 tsp) and cook until the vegetables are tender. Add 1-2 T of oil and the potato slices and heat until the potatoes are fully cooked and tender.

Lower the heat and pour the eggs gently over the vegetables in the pan, being sure that the vegetables are evenly distributed in the pan. Pat the top of the eggs and smooth the top with a spatula. Cook the eggs over low heat until the eggs are almost set, but still wet on top, 5-7 minutes. Occasionally tilt the pan, lifting the edges gently with a spatula to spread the egg around and underneath the sides. Remove from the stove top and place the pan in the oven for 3-5 minutes until the eggs are fully set and cooked, 3-7 minutes. Remove from the oven and rest for 5 minutes. Slide onto a cutting board and cut into wedges or into smaller pieces for appetizers; can be served hot, warm or at room temperature.

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