



Recipes

Mushroom and Vegetable Frittata

6 large eggs
 ⅔ cup milk
 ½ cup Swiss cheese
 1 Tbsp. olive oil
 ½ medium onion, thinly sliced
 ½ cup green beans, trimmed and cut into 1-inch pieces
 ½ bell pepper, diced

1 cup zucchini, diced
 1 cup fresh shiitake mushrooms, stem removed and sliced
 1 cup baby spinach, chopped
 ½ tsp. salt
 ¼ tsp. black pepper
 ¼ tsp. paprika

- Preheat oven to 400°F.
- Boil a pot of water, with enough water to cover your green beans. Blanch green beans in boiling water for 2 minutes. Drain green beans and transfer them to an ice bath.
- Heat a skillet over medium heat and add 1 tablespoon of olive oil. Sauté onions until translucent in color.
- Add green beans, zucchini, bell peppers, and mushrooms to the pan. Cook for about 5 minutes, or until the vegetables are softened.
- Once the vegetables are cooked, add the baby spinach to the sauté pan and stir until wilted (about 1 minute). Turn off the heat and start making the egg mixture.
- In a separate bowl, whisk together eggs, milk, cheese, salt, pepper, and paprika. Pour the egg mixture into the skillet, and stir it in with a heat-resistant silicone spatula. Scrape the edges to remove any cooked egg from the sides. Place the skillet in the oven and bake for 12-20 minutes, or until the eggs are set in the center.
- Let the Frittata rest for at least 5 minutes before serving it.

Corn and Tomato Salad

3 corn ears, cooked, and cut from the cob
 1 pint of cherry or grape tomatoes, halved (can substitute any diced tomato)
 Salt, pepper, and sugar to taste

1 Tbsp. white wine vinegar (or 2 tsp. of apple cider vinegar + 1 tsp. of water)
 1 Tbsp. of olive oil
 Optional garnish: fresh basil or parsley

- Fill a pot with enough water to cover the ears of corn. Bring water to a roaring boil, salt it, then throw in your husked ears of corn. Boil for about 4-6 minutes, until kernels are tender, drain, and transfer to an ice bath to quickly cool.
- Place an ear of corn vertically in the center of a large mixing bowl and cut the kernels off.
- Add halved tomatoes, white wine vinegar, and olive oil.
- Season with salt, pepper, and sugar to taste. Toss and enjoy.



SCAN FOR HOW-TO VIDEO!

<https://bit.ly/fritattawithsalad>

Recipes and instruction video provided by Allegany College of Maryland's School of Hospitality and Culinary Arts. Special thanks to Culinary Arts School Program Director Debra Swope; David Sanford, Gateway Center Director; and Kiara Hovatter, Lab Coordinator and Catering Chef.

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