

SUMMER VEGETABLE FRITTATA

Serves 6

Ingredients

1 bunch of beet greens
1 bunch of carrot tops
2 medium zucchinis
2 cloves garlic (or 3 - 4 cloves of green garlic)
olive oil
6 eggs
1/4 tsp. red pepper flakes
salt and black pepper to taste
1 - 2 c. ricotta (optional)

Prepare the vegetables

Remove the greens from the carrots and beets, and wash thoroughly. If there are any tough or brown leaves or stems, remove them. Finely chop tender stems, and roughly chop the leaves. Remove the ends from the zucchini and slice in half lengthwise, then slice into half moons, 1/4" - 1/2" thick. Chop the garlic or grate on a microplane.

Heat a 12-inch, non-stick oven safe sauté pan (or cast iron skillet) over medium heat. Add a glug of olive oil and the zucchini, sprinkle with a bit of salt, and turn up the heat. Cook the zucchini until it gives up some of its water and begins to brown around the edges. Lower the heat a bit, and add the garlic, greens, a splash of water, red pepper flakes, and another pinch of salt, and cover the pan. Cook until the greens are tender and wilted, stirring occasionally. Taste for seasoning and add more salt if necessary. Set the vegetables aside to cool a bit.

Cook the frittata

Heat your oven to 375 degrees. Beat the eggs lightly in a large bowl until combined. Add a pinch of salt and black pepper. Fold in the vegetables until well combined. Heat your pan again over medium-low heat and add a bit of olive oil. Pour in the egg and vegetable mixture and let the frittata cook for 4-5 minutes over low heat until the edges begin to set. Top with the ricotta and transfer to the oven for about 15 minutes, or until it is puffed and fully cooked. Best eaten at room temperature!

RAW BEET & CARROT SALAD WITH CUMIN DRESSING

Serves 4 - 6

Ingredients

1 bunch carrots
1 bunch beets
1 garlic clove, minced or grated on a microplane
2 T. red wine vinegar
1/3 c. olive oil
1 1/2 t. whole cumin seeds
1/2 t. cracked black pepper
salt to taste
mint or parsley (optional)
feta cheese (optional)

Prepare the vegetables

Wash the carrots well, and if the skins are tender, no need to peel. Grate the carrots into a bowl, using the large holes on a box grater or the grating attachment on a food processor. Wash and peel the beets and grate as well.

Make the vinaigrette

In a small pan, toast the cumin seeds over medium-high heat for 30 seconds. Transfer to a mortar and pestle and crush the seeds. Transfer to a medium sized bowl. Add the black pepper, minced or grated garlic, and vinegar. Slowly whisk in the olive oil to create an emulsion. Add a pinch of salt to taste.

Assemble the salad

Pour over the vinaigrette and toss well to combine. This salad is best if it sits for a few hours in the fridge, letting the flavors combine. Serve as-is or you can also add fresh mint or parsley and top with feta cheese!