

BAKED VEGETABLE FRITTATA

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| 2 tablespoons extra-virgin olive oil | 9 large eggs |
| 3 large potatoes, peeled and diced | Salt and freshly ground black pepper |
| 1 teaspoon bouillon granules dissolved in 4 tablespoons hot water | 1 tablespoon finely chopped fresh mint |
| 1 large eggplant (aubergine), peeled and diced | 1 tablespoon finely chopped fresh thyme |
| 1 cup (125 g) Swiss chard (silver beet) or spinach, shredded | |

Preheat the oven to 425°F (220°C/gas 7).

Heat the oil in a Dutch oven or 8-inch (20-cm) flameproof casserole over medium-high heat. Add the potatoes and sauté until lightly browned, 5–7 minutes.

Pour in the bouillon. Add the eggplant and Swiss chard and cook for 8 minutes. Increase the heat and cook until the liquid has reduced by half, about 2 minutes.

Beat the eggs in a large bowl. Season with salt and pepper. Pour the egg mixture into the pan. Cover and bake for 10 minutes. Uncover and bake for 5 minutes more.

Set aside for 2 minutes. Cut into squares to serve.

Serves: 4–6 • Prep: 25 min • Cooking: 30 min

STUFFED EGGPLANT

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| 4 large round eggplants (aubergines) | 1 pound (500 g) peeled and chopped fresh tomatoes |
| 12 ounces (35 g) pecorino romano cheese, cut into small cubes | 1/3 cup (45 g) freshly grated Parmesan cheese |
| 1/2 cup (75 g) diced pancetta | Salt and freshly ground black pepper |
| 4 cloves garlic, finely chopped | |
| 1/3 cup (90 ml) extra-virgin olive oil | |

Preheat the oven to 350°F (180°C/gas 4).

Cut the eggplants in half lengthwise and use a sharp knife to open crosswise slits in the pulp.

Mix together the pecorino cheese, pancetta, and garlic in a bowl.

Grease an ovenproof dish with half the oil and place the eggplants in it, cut sides up. Cover with the pecorino mixture, pushing it into the slits. Cover with the tomatoes, drizzle with the remaining oil, and sprinkle with the Parmesan. Season with salt and pepper.

Bake until the eggplants are tender, about 40 minutes. Serve hot or at room temperature.

Serves: 4 • Prep: 15 min • Cooking: 40 min

CHEESE AND VEGETABLE CASSEROLE

This casserole is as quick and easy to make as it is delicious to eat. To cut preparation time even more, use frozen vegetables instead of fresh.

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| 2 tablespoons butter | 4 ounces (125 g) white mushrooms, thinly sliced |
| 2 onions, finely chopped | 1 (10-ounce/300-ml) can cream of mushroom soup |
| 2–3 medium potatoes, peeled and thinly sliced | 1 1/2 cups (250 g) freshly grated cheddar or Monterey Jack cheese |
| 2–3 medium carrots, thinly sliced | 1 large firm-ripe tomato, thinly sliced |
| 2 cups (300 g) broccoli, divided into small florets | Freshly ground black pepper |
| 2 cups (300 g) green beans, trimmed and cut into short lengths | |
| 4 ounces (125 g) water chestnuts, sliced | |

Preheat the oven to 350°F (180°C/gas 4).

Heat the butter in a Dutch oven over medium heat. Add the onions and sauté until softened, about 5 minutes.

Place layers of potatoes, carrots, broccoli, green beans, water chestnuts, mushrooms, and onions in the prepared dish. Pour the mushroom soup over the top. Sprinkle with the cheese and season with pepper.

Bake for 30 minutes. Remove from the oven and arrange the slices of tomatoes on top. Bake for 10 minutes more, or until the vegetables are tender and the cheese is bubbling and golden brown. Serve hot.

Serves: 4 • Prep: 10 min • Cooking: 40 min