

Healthy Eating

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Pasta Frittata with Peas (or Tomatoes)

Serves 4 to 6

If you've never cooked with whole grain pasta, enjoy using some in this recipe for added fiber and nutrients. While the frittata is baking, there's time to make an accompanying tossed salad and set the table. Then ... enjoy your meal!

- 4 ounces whole grain spaghetti, regular or thin
- 4 eggs, lightly beaten
- dash nutmeg (optional)
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt (or omit salt and pass at the table)
- 2/3 cup cheese, shredded (cheddar, Swiss, Mozzarella or whatever you'd like to try!)
- 1 cup frozen peas, thawed OR 1 cup chopped tomatoes



1. Preheat oven to 350 degrees F.
2. Cook pasta according to package directions. Drain and place in a 9-inch pie plate that has been sprayed with nonstick cooking spray.
3. Combine eggs, seasonings, cheese and peas. Spread the egg mixture over the top of the spaghetti so the mixture covers the frittata and some of it sinks between the spaghetti strands.
4. Bake for 20 minutes or until a knife inserted near the center comes out clean. Let frittata stand 5 minutes before serving.

TOMATO VARIATION: Instead of mixing 1 cup of peas with the egg, seasonings, cheese mixture, sprinkle the chopped tomatoes evenly over the top of the frittata before putting it in the oven.

Avoid overcooking eggs AND assure safety by using a food thermometer. To determine doneness in egg dishes such as quiche, casseroles, stratas, frittatas, etc. the center of the mixture should reach 160 degrees F when measured with a food thermometer. At this temperature, the very center of a custard pie may still be liquid; however, it will firm upon standing.

Sarah Phillips <baking911.com> notes a custard pie is done when the liquid area in the center of the pie is smaller than a quarter. The pie will continue to set after it is removed from the oven. (TIP: You may need to insert the thermometer at an angle so enough of it reaches into the food to measure the temperature.)

Alice's Notes: To quickly thaw the frozen peas in this recipe, place them in a sieve or colander and hold under cool running water.

Know how. Know now.



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