



‘Forget Breakfast ... Just Let Me Sleep’

BY SHANNON OELRICH I took an informal poll of several mothers with young children, asking what their perfect Mother’s Day breakfast in bed would be. Among the wistful replies for fresh-squeezed orange juice and French toast or an omelet and fruit was this common refrain: “Forget breakfast ... just let me sleep.” As the mother of a 2-year-old, I can relate. Those late, lazy mornings of my early 20s are just a distant memory now.

I feel sheepish when I think about all the hours of sleep my mother lost when I was little, and how many Mother’s Days I neglected to do something special for her. Sure, there was always a requisite card and gift, but they paled in comparison to her efforts to make our lives comfortable.

Mom, I’d offer to bring you breakfast in bed to make up for all those times, but thanks to my considerate husband, I’ll be sleeping in for breakfast this year.

For all you fathers and for kids old enough to help in the kitchen, the following is an easy recipe that Mom will love ... when she finally wakes up.

MOTHER’S DAY FRITTATA

- 1 small onion, chopped
- 2 tablespoons butter
- 2 small jars (6 ounces each) marinated artichoke hearts, drained and chopped (keep liquid from 1 jar)
- 6 eggs
- 1/3 cup grated Parmesan cheese
- 1/3 cup bread crumbs
- 1/2 tablespoon chopped fresh tarragon

(basil or chives will work also)

- 6 slices bacon, cooked and crumbled
- Dash of black pepper

1/2 cup shredded mozzarella cheese

Preheat oven to 325 degrees. In 10- or 12-inch skillet, sauté onion in butter until transparent. Add artichokes and liquid from one jar. Keep on low heat while making the following mixture:

In large bowl, lightly beat eggs, add Parmesan cheese, bread crumbs, herbs, bacon, pepper and sautéed onions and artichokes. Mix together and pour back into skillet. Remove from stovetop and put in oven. Bake for 25 minutes or until set. Sprinkle with mozzarella and return to oven to melt cheese. Serves 4-6.

Serving size: 1 wedge. Per serving: 219 calories, 13 g protein, 17 g fat, 5 g carbohydrates, 409 mg sodium, 215 mg cholesterol



RANDY MCBRIDE *Sam Houston Electric Cooperative*

Prize-winning recipe: **Asparagus Frittata**

Frittatas can be as down-home or as upscale as you want to make them. The basic idea is to add herbs, cheese and vegetables or meat to eggs, mix it all together and throw it in a pan. The winning recipe this month is for an Asparagus Frittata, as pretty as it is tasty. Arranging the asparagus spears in a pinwheel shape adds that extra touch to the presentation.

ASPARAGUS FRITTATA

- 12-16 asparagus spears
- 12 eggs
- 1/2 cup milk
- 1/4 cup parsley flakes
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1 teaspoon coarse ground black pepper
- 2-3 tablespoons butter
- 1 bunch green onions, including tops, chopped
- 3 roma tomatoes, diced
- 1/2 cup each shredded Cheddar and mozzarella cheeses, mixed

Blanch asparagus in boiling water for 1 minute. Drain in colander and rinse with cold water. When cool, cut spears in half. Cut the lower stems into 1-inch sections, leaving the upper parts with tips intact.

Preheat oven to 400 degrees. In large bowl, whisk eggs, milk, parsley, Italian seasoning, salt and pepper. Set aside.

In oven-proof skillet (10- or 12-inch), heat butter over medium heat. When melted, add onions and 1-inch asparagus pieces. Sauté until tender, about 2-3 minutes. Add tomatoes and stir. Turn heat to low and add egg mixture. Stir thoroughly to mix. Do not stir again. As the eggs begin to cook, go around the pan with a spatula, carefully lifting the edges and tilting the skillet to allow the liquid egg mixture to flow underneath the cooked eggs. Continue until eggs are set.

Remove skillet from stovetop and

sprinkle with cheese mixture. Arrange asparagus tips in a pinwheel fashion on top of eggs. Place skillet in oven. Cook until cheese is melted and slightly browned, about 3-5 minutes (you may also use a broiler for this step). Cut frittata into pie-shaped wedges and serve from skillet. Serves 6-8.

Serving size: 1 wedge. Per serving: 217 calories, 13 g protein, 16 g fat, 6 g carbohydrates, 482 mg sodium, 308 mg cholesterol

CRAB-ZUCCHINI FRITTATA

- 8 ounces fresh or frozen crabmeat
- 2 tablespoons butter
- 1 clove garlic
- 2/3 cup chopped green onion
- 1 cup zucchini, sliced paper thin
- 1/2 cup sliced, fresh mushrooms
- 1 teaspoon salt
- Pepper to taste
- 3 eggs
- 1/2 cup milk
- 1/2 cup grated Parmesan cheese
- 1 tablespoon fresh oregano or 1 teaspoon dried

Preheat oven to 350 degrees, drain crabmeat and pick out shell or cartilage; set aside.

Melt butter and gradually add garlic, onion, zucchini and mushrooms, cooking only until hot. Add salt and pepper.

Beat eggs, milk and cheese together and add oregano, sautéed vegetables and crab. Pour into buttered, shallow 1 1/2-quart casserole dish.

Bake 20-25 minutes or until firm. Serve immediately or at room temperature. Will also reheat nicely in microwave. Serves 8 as appetizer or first course, 4 as main dish.

Serving size: 1 square. Per serving: 156 calories, 15 g protein, 9 g fat, 3 g carbohydrates, 685 mg sodium, 145 mg cholesterol

DOROTHY ARNOLD

Karnes Electric Cooperative

PARISIAN PANCAKE

- 1/2 cup shallots or onions, chopped fine
- 2 tablespoon butter
- 4 eggs
- 1 cup flour
- 1 cup milk
- 1/2 teaspoon each of salt, pepper and hot sauce
- 2 ounces Monterey jack cheese, grated (or other mild cheese)
- 8 ounces chopped ham (or bacon or sausage)

Preheat oven to 400 degrees. Sauté onions in butter in 10-inch iron skillet. Place eggs, flour, milk, salt, pepper and hot sauce in blender. Blend until mixed well. Pour blended mixture into skillet, sprinkle cheese and meat over top. Bake for approximately 20 minutes or until "puffy" and toothpick comes out clean. Can be frozen and used as needed. Serves 6-8.

Serving size: 1 wedge. Per serving: 235 calories, 12 g protein, 14 g fat, 15 g carbohydrates, 639 mg sodium, 126 mg cholesterol

BEVERLY PORTER

Sam Houston Electric Cooperative

Cook's Tip: Serve a frittata with homemade hash browns, a fruit salad and fresh-squeezed orange juice for a special breakfast or serve it with some crusty bread and a salad for a casual dinner.

RECIPE CONTEST

September ... fall ... back to school ... hard to think about now, but it'll be here before you know it. We want your **PEANUT BUTTER** recipes, gourmet or grade school, for our September recipe contest. Send them to Home Cooking, 2550 S. IH-35, Austin, TX 78704. You may also fax them to (512) 486-6254 or e-mail them to recipes@texas-ec.org. Please include your name, address and phone number, as well as the name of your electric co-op. The deadline is May 15. The top winner will receive a tin filled with Pioneer products. Runners-up will also receive a prize.