

Potato Frittata

Batter:

1 lb. medium-firm tofu
6 Tbsp. unbleached white flour
¼ c. nutritional yeast flakes
1–4 Tbsp. water, dry white wine,
marsala, or dry sherry
1 tsp. baking powder
½ tsp. salt
½ tsp. turmeric
¼ tsp. white pepper

Potato and Broccoli Filling:

1 Tbsp. extra-virgin olive oil
2 cloves garlic, minced
2 green onions, thinly sliced
2 medium potatoes, diced
2 c. broccoli, cut into small florets

Potato and Green Bean Filling:

1 Tbsp. extra-virgin olive oil
1 small onion, thinly sliced
2 medium potatoes, diced
2 c. green beans, fresh or frozen (thaw if frozen)

Freshly-ground black pepper

Optional:

Soymage Parmesan substitute
¼–½ c. fresh herbs, chopped (basil,
parsley, mint, sage, etc.)
1–2 Tbsp. vegetarian bacon bits

Frittate are Italian omelettes, often used as a vehicle to get rid of leftover pasta or potatoes. These are particularly good versions. Feel free to add or substitute filling ingredients (3–4 cups total).

Preheat the oven to 450° F. Place a 12-inch oven-proof skillet or paella dish into the oven while it heats up.

Blend all the ingredients for the batter in a food processor until very smooth (it should be the consistency of a thick waffle batter). Pour into a mixing bowl and stir in the herbs and bacon bits, if using. Continue with one of the variations below.

Potato and Broccoli Frittata:

Steam the potatoes for five minutes. Add the broccoli and continue steaming, partially covered, for another three minutes. The broccoli will appear nearly raw, but will finish cooking in the oven. Add to the batter, along with the garlic and onions, and mix thoroughly.

Reduce oven temperature to 350° F. Put the olive oil into the hot skillet and return to the oven for a couple of minutes. When the oil has heated up, pour the batter into the pan and spread evenly. Sprinkle with parmesan substitute and freshly-ground black pepper. Bake for thirty minutes. Cool as directed below.

Potato and Green Bean Frittata:

Steam the potatoes and green beans for ten minutes. Add to the batter and mix thoroughly.

Reduce oven temperature to 350° F. Put the olive oil into the hot skillet and return to the oven for one minute. When the oil has heated up, spread the sliced onions evenly in the bottom of the pan and return to the oven for a couple of minutes. Pour the batter into the pan, on top of the onions, and spread evenly. Sprinkle with parmesan substitute and freshly-ground black pepper. Bake for thirty minutes. Cool as directed below.

Cool on a rack for ten minutes, then loosen the bottom of the frittata and cut into eight pieces. Eat warm or at room temperature. Leftovers (not likely) make good sandwich fillers.

4 servings

Per serving: 310 calories; 20g protein; 12g fat; 30g carbohydrate; 0mg cholesterol

Source: adapted from *Nonna's Italian Kitchen* by Bryanna Clark Grogan (Book Publishing Company, 1998), ISBN 1-57067-055-2

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