



SERVES -

Lettuce Frittata Is Gard

This fresh-from-the-garden frittata is a simple combination of eggs, lettuce, Parmesan cheese and a few flavorings, and it's also only 232 calories per serving! You cook the frittata on top of the range until almost done, then zip it under the broiler just until lightly browned.

LEAF LETTUCE FRITTATA

- 4 cups (about 4 ounces) coarsely chopped, cleaned leaf lettuce
- 1 teaspoon water

- $\frac{1}{2}$ cup chopped onion
- 1 tablespoon butter
- 8 eggs
- $\frac{1}{4}$ cup grated Parmesan cheese
- 1 teaspoon parsley flakes
- 1 teaspoon basil
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon dry mustard
- $\frac{1}{8}$ teaspoon pepper

Combine lettuce and water in medium saucepan. Cover and cook over medium heat until soft, about 3 minutes. Drain well, pressing out

FROM THE RECIPE FILE OF

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excess liquid.

Meanwhile, in large overproof skillet, melt butter. Add onion and cook over medium-low heat until soft, about 5 minutes. Beat together eggs, cheese and seasonings. Stir in drained lettuce. Pour over onions in skillet. Cook over low to medium heat until eggs are set, 8 to 10 minutes.

Broil about 6 inches from heat until lightly browned, 2 to 3 minutes. Cut in wedges to serve. Serves four.