



WHITE FRITTATA WITH GREMOLATA AND ROOT VEGETABLE HASH AND ROAST PEPPER SIRACHA SAUCE

Frittata

16 egg whites
1 cup seared spinach
1 cup seeded and diced tomato

Gremolata

2 Tbsp. minced garlic
 $\frac{1}{4}$ cup chopped parsley
2 Tbsp. lemon zest
4 Tbsp. grated Parmesan cheese
Toss gremolata components and set aside.

Root vegetable hash

1 cup diced beets
1 cup diced rutabaga
1 cup diced redskins
 $\frac{1}{2}$ cup diced carrots

Frittata and Gremolata

Lightly spray a non stick skillet with vegetable spray place on medium heat and cook until set (can be finished in the oven) In a separate pan sauté tomato and spinach. Place on top the open face egg white frittata and finally sprinkle with Gremolata.

Root vegetable hash

Peel carrots, beets, rutabaga and onion.

Dice potatoes and all vegetables a half inch or smaller toss lightly with vegetable or olive oil. Roast in moderate oven 35 minutes then add fresh herbs and vinegar re-toss and finish roasting till tender.

$\frac{1}{2}$ cup diced red pepper

$\frac{1}{2}$ cup diced yellow onion

8 garlic cloves peeled

2-3 Tbsp. fresh chopped herbs

1 Tbsp. fresh ground black pepper

3 Tbsp. Balsamic vinegar

Peel carrots, beets, rutabaga and onion.

Dice potatoes and all vegetables a halfinch or smaller toss lightly with vegetable or olive oil. Roast in moderate oven 35 minutes then add fresh herbs and vinegar re-toss and finish roasting till tender.

Roast pepper and Siracha

$\frac{1}{4}$ cup roast red peppers

1 Tbsp. Siracha sauce

Yield: 4 servings

Nutrition Information: 270 Calories, 7 gm fat, 2 gm saturated fat, 0 gm trans fat, 5 mg cholesterol, 30 gm carbohydrate, 6 gm fiber, 20 gm protein, 350 gm sodium
Chef Bill Campbell, Bubs Café, 220 2nd street SW, Carmel, 46032, 706-2827

**William K. Nasser, MD 19th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**