

NewYork-Presbyterian Hudson Valley Hospital Celebrates Pride Month with a Virtual Cooking Class



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Mini Egg Frittatas

Serves 4-6

Ingredients

8-10 eggs, whole

Salt and pepper to taste

1 Tablespoon Olive oil

1 leek, sliced thinly, white and pale green parts only

1 garlic clove or 2 garlic scapes, minced

1-2 cups of greens, chopped (spinach, swiss chard, kale, arugula, broccoli rabe are good options)

1/4 cup reduced fat parmesan (or feta, goat cheese, you choose!)

1/2 cup cherry tomatoes, halved



Directions

1. Preheat oven to 375 F. Prepare mini muffin tins by oiling lightly, or spraying. (Or normal sized ones if you don't have mini size).
2. In a large bowl, beat eggs with whisk, set aside.
3. In a non-stick skillet, heat olive oil over medium-high heat. Add leeks, season with salt and pepper, and cook, stirring, until tender, 5 minutes.
4. Reduce heat and add garlic and chopped Swiss chard. Cook until tender, 3 minutes.
5. Remove from heat. Cool slightly, and add to egg mixture.
6. Add cheese, mix everything together, and pour into mini muffin tins.
7. Put one tomato half face up in each tin.
8. Bake for 15-20 minutes, or until egg mixture is set and lightly browned. Cool completely before removing from the tin, and store in an airtight container for up to one week, refrigerated.

Crudité Platter

Ingredient Options

- Blackberries, black bean dip
- Crackers, almonds, walnuts
- Tomatoes, red peppers, beets, pomegranate, cherries, strawberries, watermelon, raspberries
- Carrots, oranges, apricots, sweet potato, papaya, orange peppers, squash
- Yellow peppers, corn, pineapple, banana, yellow apples
- Cucumbers, kiwi, grapes, green peppers, lettuce, broccoli, cabbage
- Blueberries
- Purple Cabbage, purple cauliflower, radicchio, grapes



Directions

1. Here is an opportunity to get creative and have some fun! Following the guide of this pride flag, create a crudité platter using at least one of each of the colorful foods listed above.

