



Episode 403

**Italian Frittata with Risotto, Garlic, Roasted Red Pepper and Basil, served with Prosciutto (Ham) wrapped Melon and Roasted Italian Potatoes**

2 servings



**ITALIAN FRITTATA WITH RISOTTO**

**INGREDIENTS**

- |                                      |                             |
|--------------------------------------|-----------------------------|
| 1/4 cup risotto Arborio rice         | 1/8 teaspoon white pepper   |
| 1/2 cup vegetable stock no salt      | 1/4 teaspoon olive oil      |
| 1 tablespoon garlic, minced          | 1 tablespoon basil, chopped |
| 1 tablespoon yellow onion, chopped   | 3 egg whites                |
| 1 tablespoon roasted red bell pepper | 1 whole egg                 |
| 1/2 teaspoon black pepper            |                             |

**PREPARATION**

In a saucepan, combine the Arborio rice with the vegetable stock, then place over medium-high heat. (Many Italians sear the Arborio rice in oil to be healthy we will not.) Spray a sauté pan with cooking spray, and place over medium-high heat. Add the onion, garlic, and red bell pepper. Sear until mixture is light brown. Turn the heat down to low and add the olive oil and basil. In a separate bowl, mix the egg whites and egg until frothy. Add the egg mixture into the sauté pan. Risotto will take 20-25 minutes to cook and when done add to egg mixture. Place all in a pan and over low heat start to cook till browned. Flip pan to brown both sides and frittata is done.



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### PROSCIUTTO (HAM) WRAPPED MELON

#### INGREDIENTS

3 thin slices of melon (3 oz.)

1 oz. very thinly sliced prosciutto

#### PREPARATION

Thinly slice melon and remove all seeds. Wrap each piece with prosciutto.

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## Italian Frittata with Risotto, Garlic, Roasted Red Pepper and Basil, served with Prosciutto (Ham) wrapped Melon and Roasted Italian Potatoes

2 servings

### ROASTED ITALIAN POTATOES

#### INGREDIENTS

- 2 small red potatoes, cooked & cut in half
- Zero Fat Cooking Spray
- 1 tablespoon garlic, minced
- ½ teaspoon olive oil
- ¼ teaspoon rosemary, minced
- ¼ teaspoon black pepper

#### PREPARATION

Pre-boil potatoes, till a toothpick easily removes. In a sauté pan, spray with cooking spray and add olive oil, set heat to medium. Place garlic, pepper and rosemary into pan. Spray potatoes with zero fat cooking spray. Add the potatoes to the pan and cook until crispy and brown.

#### PLATING THE ENTRÉE

Place frittata on large round plate with colors facing up wards. Place melon on the side with the Italian potatoes fanned out on the other side. Eat and enjoy!

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