



## DID YOU KNOW?

The Italian word "frittata" comes from friggere, which means "to fry."



## WARNING!

Ask an adult's permission before using the oven.

# Bake up a broccoli and spinach frittata

## Ingredients

- 6 large eggs
- ½ cup heavy cream
- Salt and pepper
- 1 tablespoon chopped fresh parsley, plus more for topping
- 1 teaspoon chopped fresh dill, plus more for topping
- 1 tablespoon olive oil
- ½ cup chopped broccoli florets
- 1 handful of baby spinach, chopped
- 2 green onions, white and light green parts chopped
- 3 ounces herb cheese spread (such as Boursin)

## Instructions

1. Heat oven to 400° F.
2. In a large bowl, whisk together the eggs and cream until uniform in color and consistency.
3. Season egg mixture with a generous pinch of salt and some freshly ground pepper. Stir in the parsley and dill. Set the mixture aside.
4. Heat the olive oil in an 8- to 10-inch oven-proof skillet over medium-high. Add the broccoli and cook, stirring, for about 3 minutes.
5. Stir in the baby spinach and green onions and cook, tossing, until the spinach is just wilted.
6. Spread veggies in the skillet in an even layer. Pour egg mixture over the top.
7. Drop dollops of the herb cheese over the egg mixture. Transfer the pan to the oven and cook until the eggs are set and golden brown, about 15 minutes.
8. Remove pan from oven. Sprinkle with more parsley and dill, if desired. Slice and serve. Makes 4 to 6 servings.



## LIFE HACK

## MAKE TASTY S'MORES

Summer is the perfect time to make this treat. With adult supervision, gather around a campfire or firepit with your s'more supplies: a bag of marshmallows, a box of graham crackers, and a chocolate bar. Push a marshmallow onto the tip of a long stick or thin wooden dowel, then hold it over the fire. To prevent the marshmallow from burning, keep it from touching the flame. Rotate the stick so the marshmallow melts evenly all the way around. Once it's cooked the way you like it, remove the stick from the heat and place the marshmallow between two graham crackers and a piece of chocolate. Holding the crackers around the marshmallow, slide out your stick. Bite into your s'more and enjoy!

You'll want s'more!

