

KIDS COOKING LOCAL - VIRTUAL

WEEK OF NOVEMBER 16-20

ITEMS IN THE KCL BAG:

Dry goods from C&S Wholesale

- 1 can of spam

Fresh Produce and Dairy:

- 1 dozen eggs
- 1 onion
- Green onions
- Spinach
- Shredded cheese



KCL Frittata

Demonstration by Lance Kosaka, 53 By the Sea

Please fill out the post-cooking survey once you have completed the recipe:

<https://forms.gle/oM2HEFbAE4RY8PcP8>

Ingredients:

- 1 dozen local eggs
- 1/3 c whole milk
- kosher salt and pepper to taste
- 1 can spam
- 1 cup small diced onions
- 1 cup chopped green onions
- 2 cups cleaned spinach, packed
- 1 cup grated cheddar cheese

Equipment needed:

- rubber spatula
- nonstick 12 inch skillet

Method:

- Pre heat oven to 350 degrees
- Mix eggs with milk and salt
- Heat sauté pan over medium heat and add the Portuguese sausage
- When sausage starts to brown, add diced onions and cook until semi soft and translucent
- Add spinach and a splash of water to help pan steam the spinach and cook until spinach is soft and the water has evaporated
- Add egg mixture, green onion, and cheddar cheese. Slowly stir the egg mixture until you can create a little valley in the egg mixture which stays dry for a second.
- Place in preheated oven and cook for 5-7 minutes
- Take out of oven and slide onto plate or cutting board and rest for a few minutes
- Slice and serve with condiments