

Gratin of Greens

James Beard Foundation

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Servings: 8

2 pounds spinach, chopped
3 tablespoons olive oil, divided
2 pounds Swiss chard, chopped
2 pounds zucchini, diced
1/2 teaspoon salt
1 cup hot cooked rice
3 cloves garlic, chopped
6 eggs, well beaten
1/4 cup fine bread crumbs
1/4 cup Parmigiano Romano cheese, finely grated

Preheat oven to 350 degrees.

Wash and dry the spinach.

Heat a large saute' pan over medium-high heat. Add one tablespoon of oil. When hot, add the spinach and cook just until wilted. Remove the spinach from the pan.

Cook the chard in one tablespoon of oil until just wilted. Remove from the pan.

Heat the remaining oil. Add the zucchini and cook until just tender.

Stir the cooked vegetables together with the salt, rice and garlic.

Transfer the vegetable mixture to a well-oiled heavy baking dish.

Bake for 20 minutes.

Remove pan from the oven and stir in the eggs.

Sprinkle with the bread crumbs and cheese.

Return to the oven and cook about 15 minutes until the eggs are just set.

Per Serving (excluding unknown items): 194 Calories; 10g Fat (41.5% calories from fat); 12g Protein; 18g Carbohydrate; 6g Dietary Fiber; 159mg Cholesterol; 521mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 1 1/2 Fat.