

Simple take on Spanish omelet

Linda Gassenheimer
Tribune News Service

This is a quick and easy take on a traditional Spanish omelet (also called tortilla). It's a traditional dish from Spain made with eggs and potatoes. I added cheese, tomatoes, scallions and smoked paprika to make a tasty vegetarian dinner. It can be served hot or at room temperature, making the omelet perfect for a do-ahead meal.

- Helpful Hints**
- Any type of hard cheese can be used.
 - Red or yellow potatoes can be used instead of Yukon Gold.

- Countdown**
- Preheat the broiler.
 - Prepare ingredients.
 - Microwave the potatoes.
 - Make omelet.

- Shopping List**
- To buy: 3/4 pound Yukon Gold potatoes, 1/4 pound manchego cheese, 1 bunch scal-

lions, 1 bottle smoked paprika, 1 medium tomato and 1 bunch chives (optional garnish).

- Staples: olive oil, eggs, salt and black peppercorns.

SPANISH-STYLE OMELET

Recipe by Linda Gassenheimer

- 3/4 pound Yukon gold potatoes**
(about 2 1/2 cups cubed)
2 whole eggs
4 egg whites
1/4 pound grated manchego
1 cup sliced scallions
1 teaspoon smoked paprika
Salt and freshly ground black pepper
2 teaspoons olive oil
1 medium tomato cut into 1/2-inch pieces (about 1 cup)
2 tablespoons chopped chives (optional garnish)

Preheat broiler. Cut potatoes into 1/4-inch pieces with skin on. Place in a microwave-safe bowl and microwave 5 minutes on high. Mix whole eggs, egg



Linda Gassenheimer/TNS

Spanish-style omelet.

whites, cheese, scallions and smoked paprika together. Add salt and pepper to taste. Heat oil in a medium-size nonstick skillet over medium-high heat. Add the tomatoes and sauté 3 minutes. Add egg mixture,

spread evenly to all edges of the skillet and making sure tomatoes are completely covered with the egg mixture. Let set 1 minute. Place the skillet under the broiler about 5-inches from the heat for 5 minutes. The top

should be golden and mixture set. Remove from broiler and sprinkle chives on top. Slide out of the skillet. divide in half and serve on 2 dinner plates.

Yield 2 servings.

Per serving: 481 calories (45 percent from fat), 24.1 g fat (12.3 g saturated, 8.1 g monounsaturated), 226 cholesterol, 32.6 g protein, 35.7 g carbohydrates, 5.6 g fiber, 525 mg sodium.

MAPLE

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The restaurant from which I snagged the recipe uses the dressing on a salad with peppery arugula, sharp and creamy blue cheese and toasted walnuts. The dressing makes the perfect accompaniment.

The dessert I made is a staple, Maple-Walnut Pie. It is reminiscent of pecan pie, without the shock of sugar that sends A1C numbers into the stratosphere.

Walnuts and maple syrup — a pairing that should always be encouraged, including on top of waffles or pancakes — are baked together in a pie with more eggs than you might guess (four) and hints and dashes of other goodies such as vanilla, butter, cinnamon and even a squirt of lemon juice.

Of all the dishes I made, the pie features the flavor of maple most of all. With a dessert, that is to be desired. In combination, the tastes of maple syrup and walnuts is simply wonderful.

And the Baked Maple Egg Custard? I thought we agreed not to talk about that.

MAPLE-BOURBON GLAZED CHICKEN

- Yield: 4 to 6 servings
2/3 cup maple syrup
2/3 cup bourbon
1/4 cup dark brown sugar, firmly packed
1/2 teaspoon crushed red pepper or cayenne pepper, or to taste, optional
1 (4-pound) chicken

1. Preheat oven to 375 degrees.
2. In a small saucepan, mix together maple syrup,



Laurie Skrivan/St. Louis Post-Dispatch-TNS

Roast pork loin with maple glaze.

bourbon, brown sugar and pepper, if using. Bring to a boil, reduce the heat and simmer until it reaches the thickness of a syrup. You will have about 1 cup of liquid. Allow to cool and thicken. If you try to apply the glaze to the chicken when the glaze is too hot, it will roll off the chicken.

3. Generously season chicken with salt and pepper. Place in an uncovered roasting pan and cook 55 minutes. Brush chicken liberally with glaze, and return to oven. Cook 30 more minutes or so, until glaze is glossy and dark, and chicken's juices run clear, not pink. If the glaze becomes too dark while cooking, cover bird with foil.
4. Serve hot or cold; eat within two days.

Per serving (based on 6): 576 calories; 28 g fat; 8 g saturated fat; 197 mg cholesterol; 46 g protein; 32 g carbohydrate; 29 g sugar; no fiber; 199 mg sodium; 59 mg calcium

— Adapted from “Salt Sugar Smoke” by Diana Henry

ROAST PORK LOIN WITH MAPLE GLAZE

Yield: 8 servings

- 1 (3-pound) boneless pork loin roast**
2 teaspoons neutral oil, such as canola
1 1/4 cups maple syrup
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/8 teaspoon cayenne pepper

1. Place a rack in the bottom 1/3 of the oven and preheat to 375 degrees.
2. Season the pork with salt and pepper. Heat the oil in a 12-inch skillet until just smoking. Brown the roast well on all sides, about 10 minutes. Do not clean skillet. Transfer roast to a 13-by-9-inch baking dish. Cook about 50 to 70 minutes,

flipping roast over halfway through cooking. Go on to Steps 3 and 4 while the meat roasts.

3. While the meat cooks in the oven, pour fat out of the skillet. Return to medium-high heat and add syrup, cinnamon, cloves and cayenne pepper, scraping up any browned bits stuck to skillet. Simmer until slightly thickened and fragrant, about 30 seconds.
4. With about 20 to 30 minutes left to cook, brush the glaze over the roast or simply roll the roast over in the glaze. Pour the rest of the glaze over the meat and return to oven. If the glaze in the pan begins to dry out and burn, simply stir in 1/4 cup hot water. Meat is done when it reaches an internal temperature of 140 to 145 degrees.

Per serving: 455 calories; 20 g fat; 4 g saturated fat; 99 mg cholesterol; 37 g protein; 35 g carbohydrate; 33 g sugar; no fiber; 101 mg sodium; 95 mg calcium

— Recipe from “The America’s Test Kitchen Healthy Family Cookbook” by the editors at America’s Test Kitchen

MAPLE-SHERRY VINAIGRETTE

Yield: 10 servings

- 3 tablespoons sherry vinegar**
2 tablespoons real maple syrup
1 shallot, minced
1/8 teaspoon salt
Black pepper to taste
7 tablespoons (1/4 cup plus 3 tablespoons) olive oil

Note: Mustard’s Grill serves this dressing with a salad made from arugula, mixed lettuces, watercress, crumbled blue cheese and toasted walnuts.

Whisk together vinegar, syrup, shallot, salt and pepper. Gradually whisk in the oil and continue to whisk until fully incorporated. Taste and adjust the seasoning.

Per serving: 97 calories; 10 g fat; 1 g saturated fat; no cholesterol; no protein; 3 g carbohydrate; 3 g sugar; no fiber; 30 mg sodium; 6 mg calcium

— Adapted from “Mustards Grill Napa Valley Cookbook”

by Cindy Pawlcyn with Brigid Callinan

MAPLE-WALNUT PIE

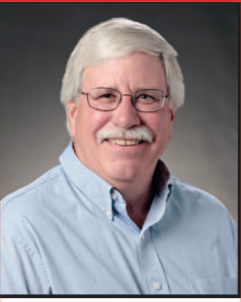
Yield: 6 to 8 servings

- 4 large eggs**
3/4 cup real maple syrup
2 teaspoons lemon juice
Dash of cinnamon
4 tablespoons (1/2 stick) melted butter
1/2 tablespoon vanilla extract
1/2 teaspoon salt
2 cups walnut pieces
1 unbaked 9-inch pie crust

1. Preheat oven to 375 degrees.
2. In a large bowl, beat together eggs, syrup, lemon juice, cinnamon, butter, vanilla and salt until light and smooth.
3. Place pie crust in pie pan, if necessary. Add walnuts, and distribute evenly. Pour in maple mixture and bake 30 minutes, or until solid. Serve warm or cold, with whipped cream or ice cream.

Per serving (based on 8): 472 calories; 35 g fat; 8 g saturated fat; 108 mg cholesterol; 9 g protein; 35 g carbohydrate; 19 g sugar; 3 g fiber; 303 mg sodium; 80 mg calcium

— Recipe from “Moosewood Cookbook” by Mollie Katzen

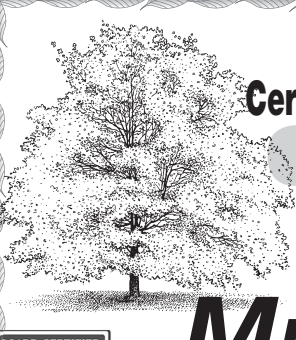


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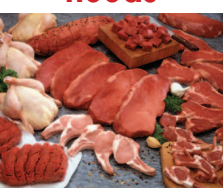
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