

**Deborah Heart & Lung Center  
Holiday Entertaining**

**Smoked Salmon on Frittatas**

*Recipe by Chef Walter Staib*

Serves 32

- 1 tablespoon finely chopped garlic
- 2 tablespoons finely chopped onion
- 1 cup finely chopped portobello mushrooms
- 2 tablespoons finely chopped green bell pepper
- 2 tablespoons finely chopped red bell pepper
- 2 cups egg substitute, such as egg beaters
- 4 cups cooked whole wheat angel hair pasta, chilled for at least 30 minutes
- freshly ground black pepper
- Cooking spray
- 2 pounds smoked salmon
- 1 medium red onion, thinly sliced, for serving
- 1/4 cup small capers, drained, for serving
- 1/2 cup low fat sour cream, for serving
- 6 lemon wedges, for garnish
- 1 1/2 tablespoons chopped fresh parsley, for garnish

1. Heat a nonstick skillet and sauté garlic, onion, mushrooms, and bell peppers until softened, about 5 minutes. Remove from heat and set aside in refrigerator to chill.
2. Stir together eggs, pasta and herbs and season with pepper. Combine with chilled vegetables.
3. For each frittata, spray a 7-inch nonstick skillet, and ladle approximately 2 Tablespoons of the batter into the skillet to make 32 pancakes.
4. Cook over medium heat for 2 minutes on each side, until brown.
5. Transfer the pancakes to a plate and keep warm in a 275°F oven.
6. Slice salmon into 32 thin slices. To serve, place 1 slice salmon on top of each warm potato pancake. Top with an onion slice, 1/3 teaspoon capers, and 1/4 teaspoon sour cream each.
7. Garnish each pancake with a lemon wedge and a sprinkling of parsley. Serve immediately.

**Nutritional Breakdown**

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
<b>HH Smoked Salmon on Frittata as Appetizer</b>	<b>32</b>	97	3.8	0.9	15	292	1	8	7

## Grilled Vegetable Napoleon

Recipe by Chef Walter Staib

### Serves 4

4 portabello mushrooms, stems and gills removed  
1 large eggplant, sliced ½” rounds  
1 red bell pepper roasted, julienne  
1 yellow bell pepper roasted, julienne  
2 medium yellow squash, sliced ½” rounds  
2 medium zucchini, sliced ½” rounds  
1 bunch asparagus, cut 5” spears  
2 cups Swiss chard leaves, cleaned trimmed and steamed  
Cooking spray  
Fresh basil for garnish  
Balsamic reduction, recipe follows

1. Spray grill with nonstick cooking spray. Place vegetables on the grill over medium heat and cook until tender, about 10 minutes, turning frequently as the natural sugars will caramelize and burn.
2. Layer eggplant, mushrooms, zucchini, squash, asparagus, peppers and top with steamed Swiss chard.
3. Top with tomato fresco and sprinkle around the plate. Garnish with fresh basil.

### Balsamic Reduction

1 cup balsamic vinegar

1. Bring the vinegar to a boil in a small saucepan over medium heat.
2. Turn the heat to low and reduce by half. Remove from heat and let cool.
3. The vinegar will thicken as it cools. To make ahead, it can be refrigerated in a covered container for up to two weeks and then used on the napoleons when needed.

### Nutritional Breakdown

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
<b>Grilled Vegetable Napoleon</b>	<b>4</b>	128	1	0	0	51	7	<b>18</b>	6