

Herb-and-Olive Frittata

Time: 20 to 25 minutes

- 4 tablespoons olive oil
- 1 large onion, chopped
- 1 tablespoon minced garlic
- ½ cup chopped black olives, preferably oil-cured
- 1 cup chopped fresh parsley
- 1 cup chopped fresh basil
- ½ cup chopped fresh dill
- ½ cup chopped fresh mint
- 1 tablespoon chopped fresh rosemary or thyme
- 8 eggs, lightly beaten
- ½ cup milk
- 1 tablespoon all-purpose flour
- Salt and black pepper.

1. Put the oil in a large skillet over medium heat. Add the onion and garlic and cook, stirring occasionally, until softened, 3 to 5 minutes.

2. Add the olives and herbs and cook, stirring occasionally, until they soften and become dry, 2 to 3 minutes. Meanwhile, beat together the eggs, milk, flour and some salt and pepper.

3. Turn heat to low and pour the egg mixture into the skillet, using a spoon if necessary to evenly distribute the herbs and olives. Cook, undisturbed, until the eggs are just set, 5 to 10 minutes. (You can set the top further by putting the pan in an oven at 350 for a few minutes or by running it under the broiler for a minute or two.) Serve hot, warm or at room temperature.

Yield: 4 to 6 servings.

Pasta With Green Meatballs And Herb Sauce

Time: 30 to 40 minutes

- 2 cups finely chopped fresh basil
- ½ cup finely chopped fresh parsley
- ½ cup finely chopped fresh chives
- 1 thin slice white bread
- ¼ cup milk
- ½ pound ground sirloin, pork or lamb or a mixture
- Salt and black pepper
- 6 tablespoons olive oil
- 1 pound pasta
- 1 garlic clove
- Freshly grated Parmesan cheese for garnish.

1. Mix together the basil, parsley and chives. Soak the bread in the milk for 5 minutes, then gently squeeze any excess milk from the bread; discard the milk. Combine the bread with the meat, 1 cup of the herbs and some salt and pepper; shape the mixture into 1-inch meatballs.

2. Bring a large pot of water to a boil and salt it. Put 2 tablespoons of the oil in a large skillet over medium heat. When the oil is hot, add the meatballs in a single layer (work in batches if necessary). Cook,



turning occasionally, until brown on all sides, 5 to 10 minutes.

3. Cook the pasta in the boiling water until tender but not mushy. While the pasta is cooking, purée 1½ cups of the herbs with 4 tablespoons oil, the garlic and some salt and pepper in a mini food processor or blender; leave the sauce rough or add a little water if you want it smoother. Drain the pasta, reserving about a cup of its cooking liquid. Toss the pasta with the herb sauce and most of the remaining herbs, adding the reserved liquid if the mixture seems dry. Top with the meatballs, garnish with Parmesan and the last of the herbs and serve.

Yield: 4 servings.

Green Rice Pilaf

Time: 30 to 40 minutes

- 2 tablespoons neutral oil (like grapeseed or corn)
- 1 medium onion, chopped
- 1 tablespoon minced garlic
- 1½ cups rice, preferably basmati
- 2½ cups vegetable or chicken stock or water, or more as needed
- Salt and black pepper
- 1½ cups chopped fresh parsley
- 1½ cups chopped fresh cilantro
- ¼ cup chopped fresh chives
- ¼ cup chopped fresh mint
- Zest of 1 lemon
- Soy sauce for serving.

1. Put the oil in a deep skillet or large saucepan over medium-high heat. When it's hot, add the onion and garlic and cook, stirring, until softened, about 5 minutes.

2. Add the rice and cook, stirring, until glossy, about 1 minute. Add the stock or water and a good sprinkling of salt and pepper and bring to a boil.

3. Turn the heat down to low, cover and cook until the rice is tender and the liquid

is almost entirely absorbed, about 15 minutes. Uncover, remove from the heat and stir in the herbs. Replace the lid and let rest off the heat for at least 10 minutes or up to 20 minutes. Uncover and stir in the lemon zest; taste and adjust the seasoning. Fluff the pilaf with a fork, and serve warm or at room temperature with a drizzle of soy sauce.

Yield: 4 to 6 servings.

Lemony Parsley-and-Egg Soup

Time: 30 minutes

- 2 tablespoons butter
- 1 medium onion, chopped
- 4 cups parsley (about 3 bunches)
- 6 cups vegetable or chicken stock
- Salt and black pepper
- 4 eggs
- ½ cup freshly squeezed lemon juice
- ½ cup heavy cream, optional
- Sour cream for garnish, optional.

1. Put the butter in a large saucepan over medium-high heat. When it melts, add the onion and cook, stirring occasionally, until softened, about 5 minutes. Add the parsley and cook, stirring occasionally, until it wilts, 3 to 5 minutes. Stir in about half the stock.

2. Purée the soup in the pan with an immersion blender, or cool slightly, pour into an upright blender and purée carefully. Return to the pan with the remaining stock. Heat through over medium-low heat, then season to taste with salt and pepper.

3. Beat together the eggs and lemon juice, then slowly add about 1 cup of the hot soup, whisking all the while. Gradually stir the egg mixture back into the soup. Taste and adjust the seasoning, then stir in the cream if you're using it, or serve garnished with a dollop of sour cream, if you like.

Yield: 4 servings. ♦