

# Dinner tonight



SERVES 4

## frittata

WHOLE FOODS MARKET

**P**reheat oven to 325 degrees. In a large bowl, beat eggs and stir in vegetables and/or meat, cheese, herbs and salt and pepper, to taste.

Heat a 10-inch ovenproof skillet over medium heat for 2 minutes.

Add oil and carefully swirl around to completely coat the bottom and sides of the skillet.

Add egg mixture, spread out evenly and cook, without stirring, until the edges and bottom are set and golden brown, 8 to 10 minutes. (Carefully loosen an edge to check.)

Transfer the skillet to the oven and bake until eggs are completely set and frittata is

deep golden brown on the bottom, about 15 minutes more.

Remove the skillet from the oven.

Loosen edges and bottom of frittata with a table knife and spatula; carefully invert onto a large plate.

Cut into wedges and serve warm, at room temperature or cold.

INGREDIENTS

- 6 eggs
- 2 cups chopped cooked vegetables and/or meat (asparagus, rotisserie chicken, ham, potatoes, kale, fennel, etc.)
- 1/2 cup shredded cheese
- 2 tablespoons chopped fresh herbs, such as parsley, basil or chives
- Fine sea salt and freshly ground black pepper (optional)
- 1 tablespoon extra-virgin olive oil

## Thirst quenchers

Try these cool summer sips

USA TODAY NETWORK

**W**hen beating the heat is the order of the day, these refreshing wines can make the task more enjoyable.



Swanson  
2019 Pinot  
Grigio

This wine from California was made for a hot summer day. Juicy and crisp, it has floral aromas and a palate of fresh-cut pears and peaches.

■ Price: \$21



Fort Ross  
2019  
Chardonnay

The Sea Slopes bottling comes from cool Sonoma Coast vineyards. Fresh and lively, it has notes of citrus and green apple — ideal for sipping in the shade.

■ Price: \$30



Olema  
2020  
Rosé

A true rosé from Provence, this wine has a gorgeous pink hue and aromas of strawberry and watermelon. It has a vibrant palate of peach and lemon.

■ Price: \$15

## Cool delights

Pops, shakes and scoops

USA TODAY NETWORK

**O**n a hot summer day, the ice cream truck's siren song promises welcome relief. Don't wait. Keep these products in the freezer for a bracing break from the heat.



■ Bubbies Vegan Mochi ice cream is gluten-free, made with coconut-based milk and only 80 calories a piece. **\$5.99-\$6.99** for a six-pack at Whole Foods Market.



■ Topsy Scoop, an adult delight, recently debuted Mumm Napa Brut rosé strawberry lemonade popsicles. **\$20** for a four-pack at tipsyscoop.com.



■ Nubocha is a new low-sugar, dairy-free gelato. **\$12** a pint at nubocha.com.



■ ReThink ice cream is lactose-free and low in sugar. **\$5.99** four 14 pounces at rethinkicecream.us.



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plus hydrating hotshots:  
cauliflower  
coconut water  
camu camu \* turmeric

NET WT. 1.6 OZ (46g)



■ Killer Sammies, available in chocolate or vanilla, have zero sugar and only two to three carbs per serving. **\$48** for a six-pack at killercreamery.com.

■ reBLEND's frozen pops are and packed with fruits, vegetables and superfoods. Flavors include Frosé All Day Chill and Tropical Bliss Recover. **\$15** for a five-pack at reblend.co.