



Credit: Gint Studios Inc

## Catherine Faith MacLean's Frittata

1. Preheat the oven to 400°F.
2. For every six eggs, use ¼ cup heavy cream/ricotta, 1 cup cheddar, and 2 cups cooked vegetables. If you sauté vegetables in butter you don't need to butter the dish—the recipe is rich. Sliced, parboiled, and sautéed potatoes make a lovely crust. That may make it more a quiche than a frittata, but now and then change is a good idea.
3. Bake in a cast-iron pan or baking dish for 25 minutes until it's golden.

*Bless Break Share* devotional book, mug, and apron are now available at [UCRDstore.ca](http://UCRDstore.ca)



Scan to watch  
Kitchen Conversations

# Kitchen Conversations with the Moderator

Food is never just food. In cooking a beloved recipe, for a friend or a stranger, we're inviting them to share in our culture, our traditions, and our memories—and reminding them that they belong.



Share a recipe or food story connected  
to your faith by emailing  
[kitchenconversations@united-church.ca](mailto:kitchenconversations@united-church.ca)



"From our table to yours, keep breaking bread and sharing love."

—The Right Rev. Dr. Kimberly Heath