



## Zucchini Frittata

**Yield: Makes:** 3 servings

**Serving Size:** 1/3 frittata

### Ingredients

5 large	eggs
2 cups (1 large)	zucchini
1 small	chopped onion
1 tsp	Canola or vegetable oil
½ cup	Shredded swiss, cheddar, or Mexican cheese
To taste	Salt and pepper

### Directions

1. Preheat oven to 350 degrees. Whisk together eggs and salt in medium bowl.
2. In an ovenproof skillet or large frying pan, heat oil over medium heat. Add in onion and zucchini and cook for 5-8 minutes, stirring frequently. Pour in egg mixture, cook 5-6 minutes, until almost set.
3. Sprinkle with cheese and bake for 5-6 more minutes. Sprinkle with salt and pepper and serve.

### Optional add-ins

1. Mix in any Italian seasonings with eggs, like basil, thyme, oregano, dried parsley, or rosemary
2. Add chopped garlic with onion and zucchini towards end of cooking.
3. Add in bell pepper with onions and zucchini.