

EASY VEGGIE FRITTATA



I love Mollie Katzen's recipes in Sunlight Cafe. It's a lot of vegetarian breakfast yumminess. This is my version of her Spring Frittata.

INGREDIENTS

2 tablespoons olive oil
2 small zucchini, thinly sliced (can be replaced with 2-4 cups of asparagus, broccoli, or any green veggie)
2 cloves minced garlic
8 large eggs
6 scallions, minced
2 handfuls of fresh parsley or spinach
Fresh ground black pepper
1 cup feta cheese
Options: fresh peas, tomatoes, nuts, fresh herbs

DIRECTIONS

1. Heat oven to 350 degrees.
2. Use 10" oven proof skillet.
3. Place skillet over medium heat. Add olive oil. Add zucchini and saute for about 5 minutes until just tender.
4. Add garlic and saute for about 1 minute.
5. Break eggs into a large bowl. Whisk until blended. Add scallions (white and green part), feta cheese, black pepper. (Add optional fresh peas, tomatoes, or herbs here.) Stir until combined.
6. Pour egg mixture into skillet with veggies. Cook for 2 minutes without stirring.
7. Transfer skillet to heated oven. Bake for 25 minutes until center is firmer in the center. I like to leave it a little soft in the center so it isn't overcooked.
8. Remove from oven. Loosen edges with a knife and slice. Serve hot, warm or room temperature.