

March 20, 2015

Recipe: Zucchini Frittata

Zucchini Cake made with Eggs and Parmesan Cheese

Servings: 4

- 3 zucchini, grated
- 1 1/2 teaspoons salt
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 onion, diced
- 1 teaspoon basil, dried
- 1/2 teaspoon oregano
- 2 cloves garlic, minced
- 5 eggs, large, beaten
- 1/4 cup milk
- 2/3 cup Parmesan cheese, grated
- 1/2 cup bread crumbs, dry
- 1/2 teaspoon pepper

Place the grated zucchini in a colander and sprinkle with 1/3 of the salt. Let the zucchini drain in the sink, shaking colander occasionally for 20 minutes. Wrap in cheesecloth and squeeze out excess moisture, then set aside.

Heat the olive oil and butter in a large non-stick skillet over medium heat. Add the onions and cook for 5 minutes. Add the zucchini, basil, oregano, and garlic, and saute 5 minutes more.

Mix the beaten eggs in a large bowl, along with the milk, 1/2 of the Parmesan, breadcrumbs, the remaining salt, and the pepper. Add to the skillet with the zucchini mixture and smooth with a spatula. Cover and lower heat to low. Cook until set, about 10 minutes.

Sprinkle with remaining 1/2 of the Parmesan cheese and place under the broiler briefly, just until lightly golden.

