

Parmesan-Zucchini Frittata

Chef Kathryn and The South Huntington Library

Serves 10-12

Ingredients:

2 medium zucchinis
6 large eggs
2 tablespoons half- and -half
1/4 cup grated parmesan cheese
3/4 teaspoon sea salt
1/2 teaspoon freshly ground pepper
2 tablespoons unsalted butter
1 tablespoon cold pressed olive oil
2 tablespoons finely chopped yellow onion
3 cloves garlic minced
1 teaspoon chopped fresh thyme
1/4 cup chopped fresh flat-leaf (Italian parsley), plus extra for garnish

Procedure:

1. Using the large holes of a box grater-shredder, grate the zucchini. Lay the zucchini on paper towels to drain briefly. After five minutes put a piece of paper towel on top and press down with the back of a wooden spoon.
2. In a large bowl, whisk together the eggs, half-and-half, cheese, salt & pepper, just until blended, stir in the drained zucchini.
3. In a medium-large sauté pan melt the butter with the olive oil, add the onion and sauté until translucent, 2-3 minutes. Add the garlic, thyme and parsley and sauté 1 minute. Keep the heat to medium. Preheat broiler now.
4. Whisk the eggs, pour in egg mixture, reduce heat to low and cook until the eggs are just firm, around the edge, 3-4 minutes. Using a spatula, lift the edges and tilt the pan to let the uncooked portion flow underneath. Continue cooking until the eggs are set, 4-5 minutes more.
5. Slip the pan under the broiler about 4 inches from the heat source and broil until the top sets and browns lightly about 2 minutes. Remove from the broiler and slide onto a cutting board, let cool. Cut into 1-inch pieces.
6. Garnish with more parsley and serve at room temperature.

Chef's notes:

I finish this frittata under the broiler in my toaster oven. If it fits you don't have to turn on a big oven. Make sure your pan is made to go under a broiler.
This frittata makes a great left-over and served over a salad

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