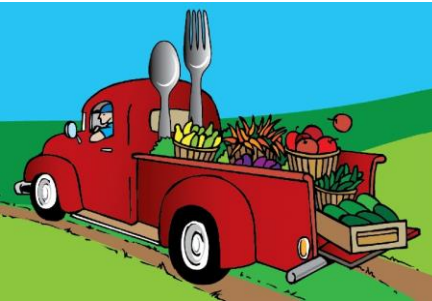




## today's main ingredient

A  LOCAL FOOD PODCAST



# Zucchini Frittata

### INGREDIENTS – serves 6

4 eggs, lightly beaten  
3 packed cups shredded zucchini, partly drained  
1/2 small onion, minced (optional)  
½ cup grated cheese(s), such as Parmesan, Swiss or Cheddar  
1/4 cup vegetable oil  
1 cup premixed biscuit or pancake flour, e.g. Bisquick  
1 Tablespoon fresh or 1 teaspoon dried herbs, such as oregano and parsley  
Salt and pepper to taste

*Preheat oven to 350°F*

**STEP 1** – Mix all the ingredients into a just-moistened rough batter. Pour into a buttered 7-inch by 10-inch baking dish.

**STEP 2** – Bake for 35 to 45 minutes, until lightly browned and puffed up.

**STEP 3** – Cut into squares and serve warm with salad greens. Reheat any leftovers for breakfast.

*Editor's note: Be creative and add other flavors to your liking, such as lemon zest, minced fresh sage or celery leaves, fresh corn kernels, chopped sweet or hot peppers, bacon or pepperoni bits, or drained crab meat. Optionally, prior to baking, top with very thin tomato slices, onion (thinly-sliced rings, or previously fried), paprika or seafood seasoning, extra cheese or breadcrumbs, etc.*