

ZUCCHINI AND TOMATO FRITTATA

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Serves: 5 servings

Total time: 30-40 minutes

Ingredients

- ¼ small onion, chopped
- 1 large zucchini, diced
- 1 cup halved grape tomatoes
- 1 tsp of turmeric, optional
- 10 eggs (or more, see notes)
- Salt and pepper
- Other seasonings to taste



Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Drizzle olive oil in a large, oven-proof skillet over medium heat. When oil is hot, add onion and cook for 2-3 minutes to soften. Add zucchini and cook for 10 minutes or until zucchini is softened, stirring frequently. Add the tomatoes and turmeric, if using, and stir to combine. Cook until tomatoes soften.
3. While the vegetables are cooking, beat eggs with a fork in a large bowl. Add a splash of water, salt and pepper to taste, and beat again until well blended.
4. Once the vegetables are softened, add the egg mixture to the skillet. Stir to mix eggs and vegetables.
5. Place skillet in the oven and bake 10-15 minutes until the eggs are set in the center.
6. Remove from the oven and let cool. Slice the frittata in the pan or on a cutting board.
7. Store leftovers in a sealed container in the refrigerator for up to a week.

Notes:

- The portions of veggies and eggs in this recipe equals five servings for the average female. If you are a male, increase the veggies and eggs by at least 50% to get five days worth of servings. Make sure your skillet is large enough to accommodate these portions.