

Mozzarella, Basil & Zucchini Frittata



Ingredients

- 0 x tablespoon **Olive Oil - Extra Virgin**
- 0 x tablespoon **Red Onions Raw, chopped**
- 0 x small **Squash Zucchini / Courgette Incl Skin,raw, chopped**
- 0 x large **Egg Whole Raw**
- 0 x tablespoon **Tomatoes Sun dried, chopped**
- 0 x gram(s) **Mozzarella baby balls (bocconcini)**
- 0 x tablespoon **Basil Fresh, chopped**
- 0 x dash **Salt**
- 0 x dash **Pepper , Black**

Directions

Preparation Time
5 minutes

Cooking Time
20 minutes

Number of Servings
0

Instructions Checklist

Step 1 Position rack in upper third of oven; preheat broiler.

Step 2 Heat oil in a large broiler-safe nonstick or cast-iron skillet over medium-high heat. Add onion and zucchini and cook, stirring frequently, until soft, 3 to 5 minutes.

Step 3 Meanwhile, whisk eggs, salt and pepper in a bowl. Pour the eggs over the vegetables in the pan. Cook, lifting the edges to allow uncooked egg from the middle to flow underneath, until nearly set, about 2 minutes. Arrange mozzarella and sun-dried tomatoes on top and place the skillet under the broiler until the eggs are slightly browned, 1 1/2 to 2 minutes. Let stand for 3 minutes. Top with basil.

Step 4 To release the frittata from the pan, run a spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into 6 slices and serve.

Nutrition Facts Per Serving

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