

Zucchini and Mint Frittata

Makes 6 servings

Well we've said it this before, a frittata is a natural for our oven and a quick and easy dish for breakfast, lunch or dinner. This one, though similar to our Italian Frittata, is a celebration of early summer giving you both the fresh flavor of mint and another idea for using a few more of those pesky, over abundant zucchini that grow in your garden or are generously dropped on your doorstep by the neighbors. Hot skillet in a hot stone hearth oven, give delicate ingredients and flavors the perfect opportunity to cook quickly and with a light touch.

Ingredients

1 medium	Zucchini –cut into ¼ inch thick half-moons.
2 T	Olive Oil
To taste	Kosher Salt
To taste	Black Pepper
2 T	Fresh Mint – chopped
1/2 medium	Yellow Onion –sliced thin
1 ½ T	Butter
8 each	Eggs
1 ½ T	Milk
¼ C	Provolone, Fontina, Jack, or Parmesan Cheese -grated

Method – Preheat oven to 500-535 degrees

- Toss the zucchini with ½ tablespoon olive oil to coat it lightly, add salt, pepper and 1 tablespoon of the mint. Put it in a sauté pan or a shallow baking dish and roast 2 inches from the flame for 8-10 minutes, stirring frequently until it is beginning to brown. Set aside.
- Toss the onion with the rest of the olive oil to coat it lightly and add salt and pepper to taste. Put it in a sauté pan or shallow baking dish and roast along side the zucchini for 10-12 minutes, stirring frequently until they are nicely brown and tender. Set aside.
- In a 12 inch, non-stick or seasoned skillet, add the butter and put the pan just inside the oven, to heat until the butter is melted.
- Meanwhile, whisk the eggs with the milk, the rest of the mint and a little salt to taste. Add the onion and zucchini and mix.
- Remove the pan from the oven, add the egg mixture and sprinkle the cheese on top.
- Put the frittata in the middle of the oven. Cook for 2 minutes and turn the pan 180 degrees.
- The frittata is done when it is lightly brown and puffy and the center is just set, about another 2 minutes.
- Serve immediately hot, or as an appetizer at room temperature.



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Laura Dewell, October 2006