

Zucchini and Mint Frittata

Serves 6

A frittata is a natural for the Wood Stone oven. The combination of a hot skillet, a hot stone hearth and radiant heat from above makes for a delicate, puffy, and delicious dish which is finished in minutes.

Ingredients

- 1 medium zucchini, sliced in ¼-in. half moons
- 2 Tbsp. olive oil
- Kosher salt
- Black pepper
- 2 Tbsp. mint, chopped
- ½ medium onion, thinly sliced
- 1½ Tbsp. butter
- 8 large eggs
- 1½ Tbsp. milk
- ¼ cup cheese, grated (Provolone, Fontina, Jack, & Parmesan are all good choices here)

Method

Oven Temperature: 450-525 degrees

- In a 12-in. non-stick skillet toss the zucchini with ½-Tbsp. olive oil, salt, pepper and 1 Tbsp. of the mint.
- **Flame Height: 4-5**
- Place the skillet **in front of the flame** and roast, stirring twice, 1-3 minutes. You want the zucchini just lightly browned. Remove to a small bowl.
- In the same skillet toss the onion with the rest of the olive oil, salt and pepper.
- **Flame Height: 3.4**
- Roast the onions **in the center** of the oven, stirring occasionally to brown evenly and soften; 7-10 minutes. Add the zucchini back to the pan and add the butter.
- **Flame Height: 2.4**
- Put the skillet back into the oven **just inside the doorway** to heat up as the butter melts.
- Whisk the eggs with the milk, the rest of the mint and a little salt. Pour this over the onion and zucchini mixture and sprinkle with cheese.
- **Flame Height: 3.4**
- Return the pan to **the center** of the oven and cook for 2 minutes. Rotate the pan and cook for about 2 more minutes or until lightly brown, puffy and firm to the touch.

The frittata also makes a lovely appetizer served at room temperature.



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