

Zucchini and parmesan frittata



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Preparation: about 15 minutes

Cooking: about 1 hour

Serves: 4-6

1 tbs olive oil + extra for greasing

500g zucchinis, thinly sliced

1 garlic clove, crushed

10 eggs, at room temperature

½ cup reduced-fat cream

½ cup freshly-grated parmesan cheese

Salt and ground black pepper

1. Lightly grease a 6-cup (about 5cm deep) baking dish with oil. Preheat oven to 180°C/160°C fan-forced. Heat oil in a frying pan over medium heat. Add zucchinis and garlic and cook, stirring often, for 10 minutes until tender. Set aside to slightly cool.
2. Whisk eggs and cream in a large bowl. Stir in parmesan. Season with salt and pepper to taste. Stir in cooled zucchini mixture. Pour mixture into prepared dish. Bake for 45-50 minutes until just set in the centre. Slice and serve.



Zucchini

- Dark green varieties contribute some beta carotene, an antioxidant pigment which the body can convert to vitamin A.
- Zucchini are a source of vitamin C. This vitamin is important for healthy gums and also helps the body fight infections.



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