



# Mozzarella, Basil, & Zucchini Frittata

## Ingredients *Serves 4*

- 2 tablespoons extra-virgin olive oil
- 1½ cups thinly sliced red onion
- 1½ medium zucchini, chopped
- 7 large eggs, beaten
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ⅔ cup pearl-size or baby fresh mozzarella balls (about 4 ounces)
- 3 tablespoons chopped soft sun-dried tomatoes
- ¼ cup thinly sliced fresh basil

## Preparation *Total Time: 20 minutes*

**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, 1½ 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 4 slices and serve.

## Nutrition *Per Serving*

292 Calories, Total Fat: 21 g, Saturated Fat: 7 g, Cholesterol: 346 mg, Carbohydrates: 8 g, Fiber: 2 g, Total Sugars: 4 g, Added Sugars: 0 g, Protein: 18 g, Sodium: 509 mg, Potassium: 408 mg, Iron: 2 mg, Folate: 65 mcg, Vitamin A: 937 IU, Vitamin C: 13 mg

**Calcium: 227 mg**