



Summer Garden Frittata

Makes 32 appetizers ~ \$8.94 (approx. \$.28 per serving)

Makes 6 entrée-sized squares ~ \$8.94 (approx. \$1.49 per serving)

Ingredients

2 1/2 to 3 cups shredded zucchini, lightly packed	1 large or two medium onions, chopped
3 cloves of garlic, minced	3 large tomatoes – peeled, seeded and chopped (<i>see below</i>)
1/2 tsp. salt	1/2 tsp. black pepper
Dash of cayenne	Handful of basil, torn
10 eggs	1/2 cup milk
1/2 cup shredded cheddar cheese	Olive oil for sautéing (approximately 1 to 2 Tbsp.)

Directions

1. Preheat oven to 350°. Using a non-stick spray, coat the bottom and sides of a 9 x 13 pan.
2. Over medium heat, sauté onion in olive oil, stirring occasionally until onion begins to soften and caramelize.
3. Add zucchini and garlic and continue to cook until zucchini begins to soften.
4. Toss in tomatoes and basil and stir until combined with zucchini and onion. Set aside to cool.
5. Using an electric mixer, in a large bowl beat the eggs with the milk until thoroughly mixed. Blend in salt, pepper and cayenne.
6. Spread vegetable mixture evenly in bottom of pan. Pour egg mixture over vegetables. Sprinkle cheese on top. Bake for 30-40 minutes or until set (ovens vary).
7. Let cool and cut into squares.

Notes

This makes a great appetizer, served warm or cold, but can also make a satisfying vegetarian dinner served with a salad. Vegetables can be substituted in and out depending on the season. Vegetables can also be thinly sliced rather than shredded. The combinations are endless. Adjust the spices to complement the veggies being used. Think chiles and mushrooms, butternut squash and gruyere cheese, etc.

Peeling Tomatoes:

Fill a large pot with water and bring it to a boil. In the meantime, get a large bowl and fill it with ice water. Carefully drop the tomatoes into the boiling water: only 30 – 45 seconds are necessary. Using a slotted spoon, remove the tomatoes one by one and place in ice water for about 30 seconds. Set aside to drain (a colander works great for this). Skins will come off easily.

Recipe courtesy of Mary Pat Butler

More tips & recipes at www.localorganicmeals.com