

FRITTATA WITH ZUCCHINI

(serves 4)

3 eggs
2 tbs. Heavy cream
1 ½ oz grated Parmigiano cheese
1 tbs. Basil, finely chopped
½ tbs. Parsley, finely chopped
2 zucchini, thin sliced
1 garlic clove, crushed
1 small Vidalia onion, very thin sliced
6 tbs, E.V.O.O (Extra Virgin Olive Oil)
Salt, white pepper.

Heat two tbs. of oil in a skillet with the garlic. Remove the garlic when is golden. Cook the zucchini until they are light transparent and season with salt, pepper and chopped parsley. Set aside in a bowl. In the same skillet, clear with two tbs. of oil the onion, and cook until they are transparent. Lightly season with salt and pepper. Set aside to cool off for few minutes.

Put everything together and whisk in the eggs with the heavy cream, the cheese, and the basil. Season it moderately.

In a non – stick pan heat the remaining oil and pour in the mixture eggs- cheese – vegetables, making sure to distribute well. Stir with a proper spoon on a brisk flame. Cook on one side and then turn upside down to complete the cooking. Slide the Frittata on a serving dish and cut it in cubes

Submitted to Villa Vita by Karolyn McCain from
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