



Anytime Meals - Zucchini and Red Pepper Frittata

Makes 4 servings

It is very important to use a nonstick skillet when making this frittata. It allows you to use less oil, and the finished frittata just slips out of the pan onto the serving plate. Wrap the handle of the frying pan with foil to prevent it from burning when you place the frittata under the broiler. To balance the meal, serve with whole grain bread/toast or rolls.

Ingredients:

6	eggs	6
3 tbsp	water	50 mL
2 tsp	vegetable oil	10 mL
1	small onion, chopped	1
1	medium sweet red pepper, chopped	1
1	medium zucchini, diced (about 1/2 lb/250 g)	1
	Pepper	
1 cup	shredded part-skim mozzarella cheese	250 mL
3 tbsp	grated Parmesan cheese	50 mL

Directions:

1. Preheat broiler.
2. In medium bowl whisk eggs with water; set aside.
3. In large nonstick skillet, heat oil over medium heat; add onion, red pepper and zucchini and sauté for 3 to 5 minutes until softened.
4. Pour eggs on top of vegetables. Sprinkle pepper, mozzarella and Parmesan cheeses on top of eggs; reduce heat to low and cook for 3 to 4 minutes or until bottom is lightly browned yet centre is still not set.
5. Broil for 1 to 3 minutes or until puffed and golden, watching closely as top will brown quickly.