

Zucchini and Basil Frittata

Serves 6

This dish has quickly become part of our standard breakfast repertoire. It embodies everything we love about a breakfast dish—quick, versatile, and delicious—just the thing for a morning meal. Think of this frittata recipe as a template; you can substitute or add cheeses, meats, and vegetables as you see fit. Nearly any combination of these ingredients produces fantastic results.

Ingredients

| | |
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| 4 ea. | eggs |
| 10 ea. | basil leaves, thinly sliced |
| 1 oz. | goat cheese, crumbled |
| 2 oz. | smoked Gouda cheese, grated |
| 2 Tbsp. | extra virgin olive oil |
| 1 cup | sweet onion, diced |
| ½ | zucchini, thinly sliced into rounds |

Method

Oven Temperature: 500-600 degrees

- Combine the eggs, basil, and cheeses. Whisk until blended.
- Heat the oil in a medium sauté pan in front of the flame until it begins to smoke.
- Add the onions to the oil and sauté until translucent.
- Layer the sliced zucchini on top of the onions and pour the egg mixture over the zucchini.
- Place the sauté pan in the raw landing zone, and cook for about 5-6 minutes, or until the top is slightly caramelized and the frittata is firm. Remove from oven and turn out onto a serving platter.

Garnish with a few fresh basil leaves.



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