From the kitchen of David and Jennifer Deaven

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slightly before serving. Servings: 4

## Vegetarian/Vegetable Frittata

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- A: 1# zucchini, 1/4" dice
  - 1 1/2C Swiss chard, stems discarded and leaves finely chopped
  - 2oz bacon, ham, salami, or other meat (optional) 1T olive oil
- B: 12 scallions, finely chopped
  - 5 zucchini blossoms or other bitter greens
- C: 6 eggs
  - 6 fresh basil leaves, chopped 1T chopped fresh parsley salt & pepper to taste
- D: 3oz Parmesan cheese
- 1. Saute (A) in iron skillet until crisp-tender.
- 2. Add (B) to skillet, wilt.
- 3. Whisk (C) and add to skillet, cook until edge is set, lifting to cover.
- 4. Top skillet with (D), broil 6" from heat until golden brown (few minutes), remove from broiler, and cool



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