

Mexican Frittata

★ MENU IDEA: Mexican frittata, salsa, whole wheat toast, milk

Ingredients:

2 ½ small zucchini (about ½ pound)
½ medium green bell pepper, seeded* and chopped
(about ½ cup)
1 medium onion, chopped (about 1 cup)
2 cloves garlic or 2 teaspoons bottled minced garlic
1 teaspoon vegetable oil
6 large eggs, beaten
½ cup shredded mozzarella cheese
¼ cup shredded or grated Parmesan cheese
¼ teaspoon black pepper
Optional: 1 hot pepper, chopped

Directions:

1. Wash zucchini, trim and discard the ends. Cut each zucchini into 4 strips, then cut into ¼ inch pieces. In a bowl, combine the zucchini, bell pepper, onion, garlic, and hot pepper, if desired.
2. Heat the oil in a skillet over medium heat. Add vegetables and cook, stirring frequently, until the zucchini is crisp-tender, about 4 minutes.
3. While the vegetables cook, stir the eggs, mozzarella, and parmesan together in a bowl.
4. Shake the skillet to distribute the vegetables evenly. Pour egg mixture over vegetables and shake skillet again to help distribute the egg mixture. Put lid on pan and cook 5 to 7 minutes, until the egg on top is solid. Sprinkle with black pepper.
5. To serve, loosen edges of frittata with a spatula. Cut it into 4 wedges. Serve immediately.

*If desired, substitute red, yellow or orange bell pepper.

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