

From the kitchen of David and Jennifer Deaven

Slightly before serving:
Servings: 4
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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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