Mozzarella, Basil & Zucchini Frittata

This vegetable-studded frittata recipe is one of the quickest meals you can make. Make it for breakfast, or serve for lunch with a tossed salad and a slice of olive oil-drizzled crusty baguette.

SERVINGS: 4 PREPPING: 20 MIN COOKING TIME: 10 MIN

Ingredients

- 2 tablespoons extra-virgin olive oil
- 11/2 cups thinly sliced red onion
- 11/2 cups chopped zucchini
- 7 large eggs, beaten
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2/3 cup pearl-size or Frigo baby fresh mozzarella balls (about 4 ounces)
- 3 tablespoons chopped soft sun-dried tomatoes
- 1/4 cup thinly sliced fresh basil

Nutrition Facts	
4 Servings **Serving Size**	**1 of recipe**
Amount per serving **Calories**	**292**
Total Fat	20.7g
Saturated Fat	6.8g
Cholesterol	345.8mg
Sodium	531mg
Total Carbohydrates	7.8g
Dietary Fiber	1.6g
Total Sugars	4.2g
Protein	17.6g
Potassium	407.1mg

Directions

1 **Prep** Position rack in upper third of oven; preheat broiler

Heat oil in a large broiler-safe nonstick or cast-iron skillet over medium-high heat. Add onion and zucchini and cook, stirring frequently, until soft, 3 to 5 minutes.

2 **Whisk** Meanwhile, whisk eggs, salt and pepper in a bowl. Pour the eggs over the vegetables in the pan. Cook, lifting the edges to allow uncooked egg from the middle to flow underneath, until nearly set, about 2 minutes. Arrange mozzarella and sun-dried tomatoes on top and place the skillet under the broiler until the eggs are slightly browned, 11/2 to 2 minutes. Let stand for 3 minutes. Top with basil.

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