



## Mexican Frittata

**Source:** Cooking with Extension / **Yield:** 4 servings | 210 Calories per serving. Total fat 13g; Protein 16g; Total carbohydrate 8g; Dietary fiber 2g, Sodium 280mg.

### 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

### DIRECTIONS:

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

**Tip:** If desired, substitute red, yellow, or orange bell pepper. Serve with a slice of whole wheat toast and salsa.