Italian Vegetable Frittata - BMFF Program 3

- 2 tablespoons extra-virgin olive oil
- 2 cloves of minced garlic
- 1/2 medium onion finely diced
- 1/2 cup chopped zucchini
- 1/2 cup chopped tomato
- 6 eggs
- Whole milk or cream depending on your taste
- 1/2 teaspoon oregano – if fresh, strip the small leaves from the stems and mince
- 1/2 teaspoon basil – if fresh, slice thinly to make a chiffonade*
- 3/4 cup ricotta cheese
- Freshly grated Parmigiano-Reggiano to taste
- salt & pepper to taste

What to do…

- Preheat oven to 425 degrees
- Use an oven-safe skillet – preferably cast iron - on a burner at medium-high heat.
- Heat the oil then add onion and sauté until golden. Add garlic and continue cooking until soft but <u>do not brown the garlic</u>.
- Add zucchini and tomato and sauté until incorporated with the onions and garlic.
- Add the oregano and basil to taste, crushed if dried, minced if fresh, and continue cooking until fragrant.
- The "custard" – Use a separate 4 cup measuring pitcher or bowl, preferably glass so you can easily see how to measure. Whisk the eggs in the 4-cup measuring cup or bowl, blended with enough milk or cream to make 3 cups of custard (egg mixture), for at least 2 minutes until they're fluffy. Add a pinch or so of salt and freshly ground pepper to taste and whisk again.
- Back to the hot skillet… Stir your cooked vegetables around so they are evenly distributed in the pan and pour the custard right on top. DO NOT STIR. Drop teaspoons of ricotta throughout the pan on top of the custard.
- Sprinkle with some Parmigiano-Reggiano to taste and a bit more freshly ground pepper and transfer to the oven.
- Bake for about 15 minutes, until the frittata is firm, cooked through and golden on top.
- **To serve** - slice like a pie, serve with a good bottle of Chianti Classico, and some crusty Italian bread with extra-virgin olive oil for dipping. Heaven!

* Chiffonade is a lovely word for the very simple process of slicing basil or any other delicate herb into very thin ribbons.