

Frittata

Ingredients:

3 Tbsp extra-virgin olive oil plus a little more to drizzle
1 medium yellow onion peeled and diced (1 cup)
2 small zucchini diced small (2 cups)
1 cup mushrooms thickly sliced
½ tsp thyme, fresh and finely chopped
½ tsp kosher salt
Freshly ground black pepper to taste
7 large eggs fork whisked
¾ cup feta cheese, crumbled
7 medium fresh basil leaves, stacked, rolled and thinly sliced
(you can also add many other fresh veggies you may have in the fridge such as tomatoes, squash, eggplant and broccoli)

Preparation:

Adjust the oven rack to a middle position then preheat the oven to 325 degrees F.
Set a large cast iron pan on medium stove heat and add 3 Tbsp of olive oil.
Heat until oil is shimmering
Add the onions and a pinch of salt. Sauté 3-5 minutes or until translucent.
Add zucchini, mushrooms, thyme and season with another pinch of salt and a few hearty grinds of black pepper.
Cook and stir occasionally until the veggies are tender – about 10 minutes.
Add the eggs, ½ the basil and the feta. Shake pan to distribute the ingredients around evenly.
Cook for about 30 seconds then transfer the cast iron pan into the oven, and bake for 12-14 minutes or until the eggs are just set.
Remove pan from the oven.
Slide Frittata out of pan onto a cutting board and slice into 6 pieces.
Sprinkle remaining fresh basil and a drizzle of olive oil on each piece and serve.