



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Individual Zucchini Frittatas

Adapted from Gourmet Magazine

- 2 tbsp olive oil, divided
- 3 medium zucchini, halved lengthwise and cut into thin 1/8" slices
- 1/4 tsp salt and 1/4 tsp black pepper
- 9 eggs, beaten
- 1/2 cup scallions, sliced
- 2/3 cup parmesan cheese, divided
- 1/2 cup sundried tomatoes in oil, drained and chopped

Instructions:

Preheat oven to 375 degrees. Heat a sauté pan on moderately high heat; add 1 1/2 tbsp olive oil to pan and then add zucchini slices; season with salt and pepper. Cook zucchini, stirring occasionally, until tender (about 5 minutes). Meanwhile, whisk together eggs, scallions, 1/2 cup parmesan cheese, and sundried tomatoes in a bowl. With remaining 1/2 tbsp olive oil grease the muffin cups of a muffin tin.

When the zucchini is finished cooking, add to the egg mixture; stir to combine. Pour the mixture into the greased muffin tins and bake about 10-15 minutes; sprinkle remaining parmesan on top of each frittata and broil until cheese is melted and golden, about 1-2 minutes. Run a knife along the edges of the muffin cups to loosen the frittatas.

Notes:

-You will need a muffin tin or two for this recipe.

Yield: 8 frittatas (yield may vary slightly depending on the size of your zucchini)

NUTRITION INFORMATION PER SERVING (per frittata):

CALORIES: 190 calories	PROTEIN: 12 g	SODIUM: 300 mg
	CARBOHYDRATE: 6 g	FIBER: 2 g
	FAT: 13 g	Sat Fat: 4 g

MAKE IT A MEAL:

Protein: 1 frittata

Starch: 1 whole wheat pita (140 calories)

Vegetable: about 20 baby carrots (70 calories)

Fruit: 1 apple, sliced (110 calories)

PREP TIP

-To add crunch to your meal, brush the pita with a little olive oil and toast it in a 400 degree oven until crispy and golden, about 5-10 minutes.

GROCERY SHOPPING LIST

- 3 zucchini
- 1 bunch scallions
- 1 pound bag baby carrots
- Apples
- Eggs
- Parmesan cheese, grated
- Bottle of sundried tomatoes packed in oil
- Whole wheat pita bread
- Condiments: salt; pepper; olive oil

USE OF LEFTOVERS

- Any leftover frittata could easily be reheated for breakfast the next morning.