

Zucchini & Cheddar Frittata by Jennifer Segal

This zucchini frittata is delicate and creamy, almost like a crustless quiche.

Servings: 2-4

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Total Time: 35 Minutes

INGREDIENTS

Sponsored Video

Watch to learn more

- 3/4 pound (12 oz) zucchini (about 2 small zucchini) USE TROMBONCINO SQUASH
- 2 tablespoons unsalted butter
- 1/4 cup finely chopped shallots, from 1-2 shallots
- 3/4 teaspoon salt, divided
- 6 large eggs
- 1/4 cup heavy cream
- 1/4 teaspoon freshly ground black pepper
- 3 ounces (about 1 cup) grated Cheddar cheese
- 1/4 cup summer herbs, finely diced (basil, parsley, oregano, tarragon)
- 1/4 cup halved cherry tomatoes
- 1/4 cup diced sweet pepper - optional

INSTRUCTIONS

1. Preheat the oven to 325°F.
2. Using a food processor or box grater, grate the zucchini. Place the grated zucchini on top of several layers of paper towels and wring dry. If necessary, repeat 1-2 times to remove any excess moisture.
3. In an 8 or 10-inch ovenproof, nonstick sauté pan, melt the butter over medium heat. Add the shallot, zucchini and 1/2 teaspoon salt and cook, stirring occasionally, until the moisture evaporates and the zucchini is tender, 6-7 minutes. Add tomatoes & pepper the last minute or two just to sear.
4. Meanwhile, in a medium bowl, whisk together the eggs, heavy cream, remaining 1/4 teaspoon salt and pepper.

5. Add the cooked zucchini and grated cheese to the egg mixture and stir to combine. Pour the frittata mixture into the pan (no need to wash it), then place in the oven and bake until set, 20-23 minutes.
6. **Note:** Be sure to keep a dish towel over the pan handle after you remove it from the oven; it's easy to forget that it's hot and burn your hand.