

CORN AND ZUCCHINI FRITTATA

SERVES 6

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*2 Tablespoons unrefined, cold-pressed extra-virgin olive oil + additional
1 bunch scallions, trimmed and sliced*

2 cloves garlic, sliced thinly

*3 medium zucchini (about 1 pound), ends trimmed and sliced ¼-inch thick
by hand or by the slicing disk of the food processor*

Fine grain sea salt

Freshly ground black pepper

8 large eggs

1 ½ cups of organic corn kernels, from 2-3 ears (frozen, defrosted is fine)

*½ cup grated cheddar or mozzarella or a few crumbles of feta or goat
cheese (optional)*

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1. Preheat oven to 375 degrees. In a 10-inch skillet, warm the olive oil. Sauté the scallions until softened. Add the garlic and cook for 1 minute. Add the zucchini slices and a generous pinch of salt and sauté until tender, about 6 minutes.
2. In a large mixing bowl, beat the eggs, 1 teaspoon salt, and a few grinds of black pepper. Stir the cooked zucchini mixture and the corn (and grated cheese if using) into the eggs and combine well. Pour the mixture back into the skillet. If using feta or goat cheese, scatter the pieces across the top of the egg mixture.
3. Transfer skillet to the oven and bake until firm, about 40 minutes.
Alternatively, bake in a larger skillet for less time for a thinner frittata.
Or, cook gently over medium-low heat, covered until slightly set on the bottom, 15-20 minutes. Transfer the skillet to the oven and broil until the top is slightly puffed and golden, about 3-5 minutes. Serve warm or room temperature.