

Bizzy Lizzy's

Good Things

Recipes for all Seasons

SPINACH AND ZUCCHINI FRITTATA A LA LIZZY

5 free range eggs, lightly whisked
1 cup wholemeal self-raising flour
2 cups grated zucchini (about 250g)
1 cup shredded spinach
1 medium onion or French eschalot, finely chopped
3/4 cup finely diced smoked bacon or lean Kaiserfleisch
1 cup grated cheese (I use a favourite Parmesan)
1/4 cup light olive oil
sea salt and freshly ground black pepper, to taste

Preheat oven to 180 degrees C. Grease an 8-inch round cake tin and line the base and sides with baking paper. Combine the whisked eggs, flour, grated zucchini, shredded spinach, onion or eschalot, bacon, oil, sea salt, pepper and 3/4 cup of the cheese in a large pyrex bowl and stir with a wooden spoon to combine. Spoon the mixture into the prepared tin. Sprinkle the top with the remaining cheese and bake for 30-40 minutes until golden and cooked through. (If there is still egg oozing through air bubbles in the top, the frittata is not quite cooked). Turn out onto a board lined with a sheet of baking paper. Serve sliced into wedges (like cake), with a side salad if serving for lunch or dinner. Any leftovers are delicious eaten cold or reheated gently the following day. Serves 6 as a main meal, or 12 as a light breakfast.

Read more: <http://www.bizzylizzysgoodthings.com/2/post/2014/04/spinach-and-zucchini-frittata.html#ixzz2yLsuOkbC>