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Prevent and Protect
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SPICY ZUCCHINI FRITTATA

SERVES 4

2 TEASPOONS EXTRA-VIRGIN OLIVE OIL
½ SMALL RED ONION, THINLY SLICED
1 JALAPENO, THINLY SLICED
1 ZUCCHINI, THINLY SLICED
1 CUP FRESH CORN KERNELS
COARSE SALT
8 LARGE EGGS

- Heat broiler. In a medium ovenproof (preferably cast-iron) skillet, heat oil over medium heat and cook onion and jalapeno, stirring, until tender, about 4 minutes.
- Add zucchini and corn and cook until tender, about 7 minutes more. Season with salt.
- In a bowl, whisk eggs with ½ teaspoon salt and pour into skillet with vegetables. Cook until sides are just beginning to set, 2-3 minutes.
- Transfer skillet to oven and broil until just set in the middle and lightly golden and puffed on top, 2-3 minutes.