

Zippy Zucchini Frittata

Ingredients

Nonstick cooking spray
4 cups shredded zucchini (1 pound)
1/2 teaspoon salt
1 medium onion, chopped
3 eggs or 3/4 cup refrigerated or frozen egg product, thawed
1/2 cup finely shredded Parmesan cheese (2 ounces)
1/3 cup all-purpose flour
1 teaspoon snipped fresh basil
1/8 teaspoon ground black pepper
1/2 cup shredded mozzarella cheese (2 ounces)
1 medium zucchini, very thinly sliced (1-1/4 cups)
2 large tomatoes, sliced
Sliced pitted ripe olives (optional)

Directions

Preheat oven to 350 degrees F. Lightly coat 12-inch pizza pan with cooking spray; set aside. Spread shredded zucchini on large platter or shallow baking pan; sprinkle evenly with salt. Let stand for 15 minutes. Using paper towels, gently press excess moisture from zucchini. Meanwhile, lightly coat small skillet with cooking spray; heat over medium-high heat. Add onion; cook until onion is tender. Remove from heat. In large bowl, combine eggs, Parmesan cheese, flour, basil, and pepper. Stir in shredded zucchini, cooked onion, and mozzarella cheese. Pour into prepared pizza pan, spreading evenly. Bake about 25 minutes or until top is lightly browned and eggs are set. Arrange zucchini slices on top of baked mixture; add tomato slices. If desired, sprinkle with olives and additional Parmesan cheese. Bake for 10 minutes more. Makes 4 servings.

Nutrition Facts Per Serving:

Servings Per Recipe: 4

PER SERVING: 220 cal., 10 g total fat (5 g sat. fat), 177 mg chol., 620 mg sodium, 18 g carb. (3 g fiber, 6 g sugars), 15 g pro.

Diabetic Exchanges

Medium-Fat Meat (d.e): 2; Vegetables (d.e): 2; Starch (d.e): 0.5

<http://www.diabeticlivingonline.com/recipe/eggs/zippy-zucchini-frittata>

