

Squash Frittata

Whitney Otawka - Athens, GA
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Servings: 4

6 large eggs, lightly beaten
2 tablespoons heavy cream
1/2 teaspoon Kosher salt, divided
1/4 pound fingerling potatoes, cut
into 1/4-inch-thick slices
2 tablespoons canola oil
1 tablespoon butter
4 small (about 2 cups) zucchini, cut
into 1/4-inch-thick slices
4 tablespoons Parmesan cheese,
freshly grated
chopped fresh chives (for garnish)
chopped flat-leaf parsley (for garnish)
chopped basil (for garnish)
freshly ground pepper (for garnish)

Preheat the oven to 350 degrees.

In a bowl, whisk together the eggs, cream and 1/4 teaspoon of Kosher salt.

In a ten-inch ovenproof nonstick skillet over medium-high heat, cook the potatoes in hot oil for 1 minute, stirring often. Sprinkle with the remaining Kosher salt. Reduce the heat to medium and cook, stirring often, for 3 to 4 minutes or until light golden brown on both sides. Transfer the potatoes to a bowl.

Return the skillet to the heat. Melt one teaspoon of the butter in the skillet. Add the zucchini. Cook, stirring often, for 2 to 3 minutes or until crisp-tender. Add the remaining two teaspoons of butter to the skillet; let melt. Add the potatoes, stirring to coat.

Pour the egg mixture over the potatoes. Reduce the heat to medium-low. Cook for 1 minute. Sprinkle with cheese.

Bake for 8 to 9 minutes or until the center is set. Remove from the oven. Invert onto a serving plate.

Per Serving (excluding unknown items): 273 Calories; 22g Fat (70.3% calories from fat); 14g Protein; 7g Carbohydrate; 2g Dietary Fiber; 340mg Cholesterol; 471mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 3 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	273
% Calories from Fat:	70.3%
% Calories from Carbohydrates:	9.6%
% Calories from Protein:	20.1%
Total Fat (g):	22g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	340mg
Carbohydrate (g):	7g
Dietary Fiber (g):	2g
Protein (g):	14g
Sodium (mg):	471mg
Potassium (mg):	598mg
Calcium (mg):	143mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	18mg
Vitamin A (i.u.):	1285IU
Vitamin A (r.e.):	240 1/2RE

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	1.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	80mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1 1/2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 273 Calories from Fat: 192

% Daily Values*

Total Fat	22g	33%
Saturated Fat	7g	37%
Cholesterol	340mg	113%
Sodium	471mg	20%
Total Carbohydrates	7g	2%
Dietary Fiber	2g	9%
Protein	14g	
Vitamin A		26%
Vitamin C		29%
Calcium		14%
Iron		12%

* Percent Daily Values are based on a 2000 calorie diet.