



HARVEST OF THE MONTH

MARCH 2021

RECIPE: Zucchini and Tomato “Mock-tatta”

Taste the flavors of Spring with this easy take on a Frittata!



Qty	Recipe ingredients
2 tsp	Olive oil
3	Green onion stalks, diced, white ends removed
1 ½ cups	Shredded zucchini
5	Large eggs, lightly beaten
¼ cup	Grated parmesan cheese
Pinch	Ground Black Pepper
1	Medium tomato, thinly sliced
Garnish	Fresh torn basil leaves, optional

Instructions:

- 1 Shred zucchini and squeeze out any excess moisture.
- 2 In large mixing bowl, combine shredded zucchini, green onions, parmesan cheese and black pepper. Set aside.
- 3 Heat oil in a 10-inch skillet over medium-low heat.
- 4 Add eggs into the mixing bowl with the veggies. Combine until well blended.
- 5 Gently pour mixture into preheated pan. Reduce heat to low, cover with lid and cook for 2 minutes.
- 6 Remove lid. Using a spatula to loosen the edges, carefully flip the mock-tatta over. Cook 1-2 additional minutes.
- 7 Remove from heat, and place on wooden cutting board or heat-safe plate. Slice into 4 or 6 portions.
- 8 Optional: Garnish with fresh, torn basil.

