

# Zucchini-Onion Frittata Recipe

This easy meatless frittata recipe comes together with just 15 minutes of hands-on time.

By **Southern Living Test Kitchen** | Updated on July 20, 2022

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Broil Time:** 2 mins

**Total Time:** 47 mins

## Ingredients

3 tablespoons butter

2 tablespoons vegetable oil

2 medium zucchini, thinly sliced

1 medium onion, cut in half and sliced

1/2 cup grated Parmesan cheese, divided

8 large eggs

1/4 cup milk

1 teaspoon salt

1/2 teaspoon pepper

1/4 cup chopped fresh basil

Garnish: chopped seeded plum tomatoes

## Directions

### Step 1

Melt butter with oil in a 12-inch ovenproof skillet over medium-high heat; add zucchini and onion, and sauté 12 to 14 minutes or until onion is tender. Remove from heat, and stir in 1/4 cup grated Parmesan cheese.

### Step 2

Whisk together eggs and next 3 ingredients at least 1 minute or until well blended. Pour over vegetable mixture.

### Step 3

Bake at 350° for 13 to 15 minutes or until set; increase oven temperature to broil, and broil 5 1/2 inches from heat 1 to 2 minutes or until edges are lightly browned. Sprinkle evenly with remaining 1/4 cup grated Parmesan cheese and basil. Garnish, if desired.

## Chef's Notes

### Lightened Zucchini-Onion Frittata

Reduce butter to 1 tablespoon, and omit oil. Sauté zucchini and onion as directed; remove from heat. Reduce grated Parmesan cheese to 1/4 cup, stirring 2 tablespoons into vegetable mixture. Substitute 1 (15-ounce) carton garden vegetable egg substitute for 8 eggs and 1/4 cup lowfat milk for 1/4 cup milk, and whisk together with salt and pepper. Pour over vegetable mixture. Bake as directed; do not broil. Sprinkle evenly with remaining 2 tablespoons grated Parmesan cheese and basil. Garnish, if desired.