



“Italian Pantry”
Shopping List for the recipe:

Frittata con Zucchine e Cipolla
Zucchini and Onion Frittata

~From the website & blog~
www.mark-leslie.net

Check your pantry for these items:

- 2 tablespoons sunflower oil or extra virgin olive oil HAVE: BUY MORE:
- 1 clove garlic HAVE: BUY MORE:
- 1 small-medium onion HAVE: BUY MORE:
- 6 large eggs HAVE: BUY MORE:
- 1/2 teaspoon Kosher or Sea salt HAVE: BUY MORE:
- 1/4 teaspoon black pepper HAVE: BUY MORE:
- (If you are like me, I prefer to use freshly ground black pepper, so check your pepper mill to make sure you aren't running low on black peppercorns)

RECIPE CALLS FOR:

- 3 medium zucchini (about 3/4 pound total)
- 1/2 cup grated Parmigiano-Reggiano cheese (purchase a 1/2 pound wedge).
*If you can't find this type of cheese, look for Grana Padano or a Pecorino Romano. Any hard, dry Italian cheese that is easy to grate will work fine.

What can I do with any leftover ingredients?

-**Parmigiano-Reggiano cheese.** To store, wrap the leftover cheese, after grating, in plastic wrap and store that inside a plastic re-sealable bag in your fridge. It will keep for several weeks.

*WITH THIS INGREDIENT MAKE: Use this cheese grated on top of a frittata, a salad, your favorite pasta dish, or a pizza. Using a vegetable peeler, shave thin strips to top an arugula or Caesar salad or place inside a *panino* before heating. Often, Italians serve this cheese, broken into chunks from a wedge, drizzled with honey and walnuts as a dessert.