

Zucchini Pasticcio

Zucchini Bake

This dish is a cross between a frittata and a quiche ... well, a quiche without a crust. I like to make this dish for a luncheon buffet or a simple summer lunch. Serve this pasticcio alongside an arugula salad simply dressed with olive oil, lemon juice and some grated Parmigiano-Reggiano for a light meal, with a little heat—there are peperoncini.



- 1 tablespoon extra virgin olive oil**
- 1 small to medium-sized onion, finely chopped**
- 1 large clove garlic, finely minced**
- ¼ teaspoon red pepper flakes, more or less to taste**
- 1 (10-ounce) package frozen chopped spinach, defrosted and squeezed dry.**
- ¼ cup canned, low-sodium chicken stock**
- ½ teaspoon Kosher salt**
- ¼ teaspoon freshly ground black pepper**
- 3 large eggs**
- 1 cup whipping cream**
- ½ cup finely grated Grana Padano or Parmigiano-Reggiano cheese**

Preheat oven to 300 degrees.

Butter an 11-inch, round shallow baking dish, set aside.

In a medium skillet over medium heat, heat the oil. When hot, add the onion and garlic, stirring until the onion is translucent and just starting to turn a golden brown, 3 to 4 minutes. Stir in the red pepper flakes and cook for 30 seconds before stirring in the dry spinach and the chicken stock. Cook, stirring occasionally, until almost all of the liquid has evaporated, 3 to 5 minutes. Season with the salt and pepper, and continue cooking until all the liquid has evaporated. Remove the skillet from the heat and set aside to let the spinach mixture cool.

In a medium bowl, whisk the eggs until they are well scrambled. Add the cream and cheese, whisking until well combined. Set aside.

When the spinach mixture is cool to the touch, spoon it into the baking dish, making sure that the mixture is evenly distributed. Give the egg mixture another quick whisk, to redistribute the cheese, and gently pour over the spinach. Tap the dish a couple of times to remove any air bubbles.

Bake for 30 minutes, or until the mixture is set in the center and the edges are lightly browned. Remove the hot dish to a wire rack to cool 15 minutes before serving. This dish may be served warm or at room temperature. **Serves 8.**