

## *Frittata con Zucchine e Cipolla*

### Zucchini and Onion Frittata

*Zucchini, like most squash, has a high water content. When shopping for this dish, choose small to medium-sized ones rather than one large zucchini, because larger they grow, the more water and less flavor they have.*



- 2 tablespoons sunflower oil (extra virgin olive oil may be substituted)**
- 1 small-medium onion, finely minced**
- 1 clove garlic, finely minced**
- $\frac{3}{4}$  cup water, divided**
- 3 medium zucchini (about  $\frac{3}{4}$  pound), sliced into  $\frac{1}{4}$ -inch rounds**
- $\frac{1}{2}$  teaspoon salt**
- $\frac{1}{4}$  teaspoon freshly ground black pepper**
- 6 eggs, beaten**
- $\frac{1}{2}$  cup freshly grated Parmigiano-Reggiano cheese**

Heat the oil in a 10-inch nonstick skillet over medium heat. When the oil is hot, add the onion and garlic. Cook for one minute, stirring constantly. Add a  $\frac{1}{4}$  cup of the water and cook for 2 to 3 minutes until the water has almost evaporated. Add another  $\frac{1}{4}$  cup water and cook an additional 2 to 3 minutes until the water has, once again, almost evaporated. Stir in the zucchini rounds, salt, pepper and the remaining  $\frac{1}{4}$  cup water. Lower the heat, cover and simmer, stirring occasionally, until the zucchini is soft, 10 to 12 minutes.

Meanwhile, beat the eggs in a medium bowl and stir in the Parmigiano-Reggiano.

When the zucchini is soft but still retains its shape, remove the cover, return the heat to medium and cook until the excess moisture has evaporated, 4 to 6 minutes. Stir in the beaten egg mixture, making sure the zucchini and onions are evenly distributed. Cook until the bottom of the frittata starts to lightly brown and the top begins to set up, 4 to 6 minutes.

With a spatula, loosen the edges of the frittata from the sides of the pan and with a quick firm shake, flip the frittata over in one whole piece.\* Cook the second side 2 to 3 minutes, until the bottom is lightly browned.

Invert the finished frittata (or if inverting seems scary, you can slide the frittata) onto a serving plate, cut into wedges and serve warm or at room temperature. Serves 8 as an appetizer, or 4 as an entrée.

*\*Note: If flipping the frittata seems daunting, place a dinner plate over the frittata and turn the pan over, inverting the frittata onto the plate. Slide the frittata back into the pan and finish cooking the second side. A third way to finish the second side of the frittata is to place it under a broiler: Preheat the broiler and when the bottom of the frittata is lightly browned and the top is still loose, place the pan under the broiler until the top is set and browned, 3 to 4 minutes. Nonna flipped hers effortlessly. I still tend to put mine under a broiler.*

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