



GREEN BEAN AND ZUCCHINI FRITTATA

6 eggs

3 Tbs. milk (approximately)

1/4 pound green beans

1 zucchini, quartered, then sliced

1 tsp. dried dill or 2 tsp. fresh

1/4 cup freshly grated Parmesan cheese

Salt and freshly ground black pepper

In a large bowl, mix together the eggs, milk, salt, pepper, cheese, and dill.

Wash and steam the beans until just tender, about 2-3 minutes.

The zucchini can be sautéed first, and then added to the mixture, but if you're short on time, it can be added straight to the mixture.

Then add the beans and corn to the egg mixture. Pour into a med-size non-stick sauté pan and cook over medium heat for about 3-5 minutes, until the bottom is cooked.

Then put the pan in the broiler on the lowest rack for another 2-3 minutes, check to make sure it does not burn. Transfer to a plate, garnish with more fresh dill and grated Parmesan. Salt and pepper to taste. Serve with roasted potatoes and toast.

Another delicious variation for this frittata recipe is to substitute the zucchini for caramelized onion.

From: New Roots Organics, Seattle

FARM FRESH RECIPIES from our PUGET SOUND FRESH FARMS and CHEFS

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This recipe is being suggested as a great method for preparing Puget Sound Fresh ingredients. Please follow safe food-handling practices and check for possible food allergies before preparing and serving any food item.