

Zucchini Tomato Frittata

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Serves 4 Adapted from Taste of Home Farm Fresh Favorites

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:62bfb3850207475d0f5f2c3f>

- 1/3 cup sundried tomatoes – not packed in oil!
- 1 cup boiling water
- 6 large eggs
- 1/2 cup 2% cottage cheese
- 2 green onions, chopped
- 1/4 cup minced fresh basil or 1 Tbsp dried basil
- 1/8 tsp crushed red pepper flakes
- 1 cup sliced zucchini
- 1 cup fresh broccoli florets
- 1 medium red bell pepper, chopped
- 2 tsp olive or avocado oil
- 1/4 cup fresh grated parmesan cheese

1. Place tomatoes in a small bowl. Cover with boiling water; let stand for 5 minutes. Drain and set aside
2. In large bowl, whisk the eggs, cottage cheese, onions, basil, pepper flakes and reserved tomatoes; set aside.
3. In a 10 inch oven proof skillet, saute zucchini,

broccoli and red pepper in oil until tender. Reduce heat; top with reserved egg mixture. Cover and cook for 4-6 minutes or until nearly set.

4. Uncover skillet. Sprinkle with Parmesan cheese. Broil 3-4 inches from the heat for 2-3 minutes or until eggs are completely set. Let stand 5 minutes. Cut into 4 wedges.

Breakfast, Brunch

Eggs