

The season for fresh produce is here! Take advantage of your locally grown foods by visiting a farmers market. If you have access to the internet visit <http://www.localharvest.org/farmers-markets/> to find a farmers market closest to you.

Summer Frittata

This is the perfect healthy frittata to serve in the summer months when these nutritious vegetables are at the peak of their season. It is fast, easy and delicious tasting. If you happen to have fresh green chilies, feel free to use them instead of the canned.

For a nice well rounded meal serve with a couple of slices of whole grain bread for some added fiber!

Prep and Cook Time: 25 minutes

Ingredients:

- 2 whole eggs
- 4 egg whites
- pinch of turmeric
- ½ medium onion chopped fine
- 1 TBS chicken or vegetable broth
- 3 medium cloves garlic, chopped
- 2 cups thinly sliced zucchini
- ½ 4oz can diced green chili
- 1 small tomato chopped and excess pulp removed
- 2 TBS chopped cilantro
- salt and black pepper to taste

Directions:

1. Beat together eggs, egg whites, turmeric, and a pinch of salt and pepper. Set aside.
2. Heat 1 TBS broth in 10-12 inch stainless steel skillet. Healthy_Sauté* onion, garlic zucchini, and green chili for about 3 minutes stirring frequently.
3. After 3 minutes add tomato, cilantro salt and pepper to zucchini mixture.
 - o Pour egg mixture over vegetables. Turn heat to low and cover. Cook for about 10 minutes checking periodically to see if eggs are firm. When done, run a rubber spatula around edge of frittata, cut into four wedges and serve. **Serves 4**

Healthy Cooking Tips:

* Start your Healthy Sauté by heating 1 TBS of broth in a stainless steel skillet over medium heat. Once the broth begins to bubble add onions and sauté stirring frequently. After the onions have cooked for about 5 minutes, you can then add other ingredients such as garlic, or fresh ginger. Once they have had a chance to cook together for just another minute, add other vegetables. This method enables you to have flavorful sautéed vegetables without heating oil.

Make sure you use a pan that is no more than 12 inches in diameter. Otherwise the vegetables get too spread out and will over cook. Have the ingredients ready before cooking so you don't over cook zucchini. Otherwise, it will start to release water and dilute the flavor. Check the firmness of your eggs after about 5-6 minutes to make sure they cook to perfection. They won't be very fluffy because of using more egg whites than yolks, but it helps to beat them well right before pouring over the vegetables.