

Zucchini Frittata

2 SERVINGS 20 MINUTES



INGREDIENTS

3 Egg
Sea Salt & Black Pepper (to taste)
1/2 tsp Turmeric
1 Zucchini (medium, thinly sliced)
2 tbsps Shallot (sliced)
1/16 oz Avocado Oil Spray

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 In a bowl, whisk together the eggs, salt, pepper, and turmeric. Add the zucchini and shallot, and stir well.
- 03 Spray a deep baking dish with avocado oil spray. Pour the zucchini mixture into the baking dish.
- 04 Bake in the oven for 12 to 15 minutes or until cooked through. Slice and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

A 7-inch (18 cm) round baking dish was used to make two servings. One serving is roughly half of the frittata.

MORE FLAVOR

Add chili flakes, dill, and/or parsley.

AVOCADO OIL SPRAY

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.