

# Egg & Zucchini Frittata

**Great to make the day before for grab and go breakfast!**

## **Ingredients:**

- 3 tbsp. oil
- 6 large eggs
- 1/4 tsp. ground black pepper
- 1/2 tsp. dried thyme
- 1/2 tsp. ground dried rosemary
- 2 medium cloves garlic
- 1/2 small yellow onion, chopped
- 1 large zucchini, chopped into medium chunks
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## **Instructions**

1. In a large skillet, warm the oil.
2. While it warms up, crack the eggs into a medium mixing bowl.
3. Whisk in the spices, then fold in the garlic, onion and zucchini
4. You can cook this on the stove using a lid that fits your pan, over low to medium heat until the eggs are cooked through.
5. Or, you can bake this (that's what I do) at 350 F. for about 30-40 minutes or until the eggs are fully cooked through