

Eggplant and Zucchini Frittata

This is the perfect time of year for a garden fresh frittata. The garden is overloaded with squash of all sorts and laden with eggplants. The chickens are happy and are producing lots of eggs. Basil plants are more than knee high and you can't use it fast enough. There is an explosion of tomatoes.

This is more of a guide than an actual recipe. Cut back a bit if you are using a smaller pan. I used cast iron which is perfect for a frittata as nothing sticks. Feel free to add ingredients, herbs and seasonings to your liking, sub some yellow squash for some or all of the zucchini, add any kind of bell peppers, add some sun dried tomatoes, mushrooms, leeks, spinach or other greens, crumbled bacon or sausage, chunks of ham, and so on. Use whatever is on hand in your fridge, use up leftovers. Make it your own.

The following is what fit in my 12" cast iron pan:

- 1 medium yellow onion, diced
- 2-3 garlic cloves, minced
- 1 medium eggplant cut in 1/2 inch dice
- 1 medium zucchini cut in 1/2 inch dice
- 2-3 sm/med tomatoes, seeded and chopped in 1/2 inch dice
- 4-5 basil leaves, chopped
- salt and pepper
- olive oil
- 10 eggs beaten together
- about 1/2 cup of cheese, shredded if it is a hard cheese like cheddar or cubed if it is a soft cheese like mozzarella

Preheat oven to 350°F.

Heat up your cast iron pan with some olive oil to just cover most of the bottom of the pan. Add onions, garlic and eggplant, salt and pepper. Saute for about 3-5 minutes then add the zucchini. Continue to saute until vegetables are soft but still hold their form. Add the tomatoes, basil and a bit more salt and pepper. Add beaten eggs and cheese, gently stir to make sure all is evenly distributed. Eggs will cook around the edges first so gently lift the edges to let the liquid eggs roll under the frittata. When frittata is mostly set, put the pan in the oven. Check after 10 minutes to see if the center is set. Mine took 20 minutes.

Remove from oven and serve directly from the pan or, if you are brave, cover the pan with a large plate and flip pan over to release the frittata. The bottom should be beautifully browned. But if you are not happy with the looks of the bottom, flip again onto another plate and serve.