

# Frittata with Goat Cheese, Tomatoes, Zucchini

## Ingredients

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- 1 Zucchini (sliced into half moons)
- 3 1/2 oz Tomatoes (chopped)
- 4 Eggs
- 2 T Milk (plus 2 teaspoons)
- 3/4 c Parmesan
- 2 1/2 oz Goat Cheese
- 0 ds Salt
- 0 ds Ground Black Pepper
- 0 ds Garlic Powder
- 1/4 c Parsley (chopped)

## Instructions

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- 1.Preheat oven to 400 degrees. Spray a 8"x8" baking dish with nonstick spray. Arrange zucchini and tomatoes in the dish.
- 2.In a large bowl, whisk together eggs, milk and parmesan. Season with salt, pepper, and garlic powder to taste.
- 3.Pour over zucchini and tomatoes. Shake the pan a bit to make sure the mixture is well distributed. Sprinkle with big chunks of goats cheese. Bake for 25-30 minutes or until golden and cooked through.
- 4.Remove from the oven and sprinkle parsley on top. Allow to cool slightly then slice into pieces and serve.