



ZUCCHINI LENTIL FRITTATA

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Ingredients:

- 1 C onion slices
- 1 Tbsp olive oil
- 1 1/2 C sliced zucchini
- 3/4 C cooked Montana Lentils
- 1 Tbsp minced fresh dill
- 1 Tbsp minced fresh mint
- 4 eggs
- 1/4 C water
- 1/4 tsp salt
- 1/4 C crumbled feta cheese
- 1/4 C grated Parmesan Cheese
- Ground black pepper to taste

Instructions:

Serves 2-4

30 minutes

In a 10-inch ovenproof skillet on medium heat, sauté the onion slices in the oil, stirring frequently for about 10 minutes, until the onions begin to brown. Add the zucchini and continue to sauté for about 5 minutes, until just tender. Transfer the vegetables to a large bowl and mix with the cooked Lentils, dill, and mint. *See note at the bottom on cooking lentils.

Rinse the skillet and set aside. In a separate bowl, whisk together the eggs, water, and salt until smooth and then whisk in the feta cheese.

Lightly oil the skillet and place it on medium-high heat. Stir the egg mixture into vegetables and lentils and spoon this mixture into the hot skillet. Sprinkle the top with Parmesan cheese.

Lower the heat to medium-low and cook, without stirring, for about 5-minutes, until the edges are firm and pulling away from the sides of the pan. The frittata should be mostly cooked but with the top still a little wet. Place the skillet under the broiler until the top is firm and lightly browned, 3-5 minutes. Or, if you prefer, cover and cook on the stove top on low heat until firm.

Slide the frittata onto a large plate or serve directly from the skillet in generous wedges.

*To cook lentils. In a 4 quart saucepan, combine 1/2 C clean, dried Lentils, 4 C water, and 1/2 tsp. Salt. Bring to a boil; then reduce the heat, cover, and simmer for about 20 minutes or until tender. Drain well and set aside.