

Zucchini Blossom Frittatas in Muffin Cups

INGREDIENTS:

- 1 tablespoon olive oil
- ¼ cup finely minced red onion
- 1 pound small, tender zucchini halved and cut into thin slices (about 1½ cups)
- Salt and pepper to taste
- ½ cup finely slivered squash blossoms
- 10 eggs
- 2 tablespoons finely minced Italian parsley
- 2 tablespoons cream
- ¾ cup grated Asiago or Italian fontina cheese

INSTRUCTIONS: Preheat oven to 375°. Mist nonstick 12-cup muffin tin with olive oil.

Heat olive oil in a skillet. Saute onion and zucchini until tender, about 5 minutes. Remove from heat. Season with salt and pepper. Stir in squash blossoms.

Whisk together the eggs, parsley and cream. Fold in squash blossom mixture and ½ cup cheese. Using a ¼ cup measuring cup, scoop batter into each muffin cup. When cups are filled, drizzle in any remaining batter over each cup. Sprinkle with the remaining cheese. Bake for 14-15 minutes. They should puff and be set.

Serves 6 to 8

PER SERVING: 170 calories, 12 g protein, 4 g carbohydrate, 12 g fat (5 g saturated), 280 mg cholesterol, 109 mg sodium, 1 g fiber.