

Saturdays *with the* Chef

Summer Frittata

Red Pepper
Zucchini
Tomato
Green Onions
Bacon
Feta Cheese
Basil

Directions

Preheat oven to 350 degrees.

Heavily oil pan. Slice bacon. On high heat, cook your bacon for 2-3 min. Then add your sliced red pepper. Cook for additional 5-7 min, or until the red pepper begins to soften.

Next add Zucchini. At this time, you may need to turn down the temp as to not overcook bacon. Chop and add green onions.

Now, you will whisk 7-10 eggs, depending on the size of your skillet, and have at the ready. If you would like to add cheese, you can whisk it in with the eggs.

However, since we are using feta, a rather formidable cheese, we will add that as well as chopped tomatoes and fresh basil to the pan. Cook for just a couple minutes, so that the aroma of basil is released.

Now add egg mixture.

Move veggies around, so that the egg can reach the bottom of the pan and create a foundation.

Place on top rack of oven, and cook for 6 - 7 min.



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