

What's Really In It?

Zucchini Egg Dish



Ingredients

4 slices of bacon chopped (ham is also good)
1 lrg onion diced
5 eggs
1 cup of flour
2 teaspoons baking powder
¼ cup oil of choice
3 cups of grated zucchini
1 cup of shredded cheddar cheese
salt/pepper to taste

Directions

heat oven to 350
line a 8x12 pan with parchment paper (or grease pan really well, this recipe will stick to the pan)
Sauté onion & bacon till cooked & a little browned
Whisk eggs in a bowl
Add flour, bking powder & oil to eggs - mix well
Fold into flour mixture the grated zucchini, cheese & sautéed bacon/onion mixture. Do not overmix
Pour into prepared pan & bake for 30-40mins

This recipe is great served at breakfast alongside fruit or at a brunch/dinner with a salad. Freezes well & stays fresh for 4-5 days in the refrigerator.

Enjoy!