



Recipe by Chef Partner Chris Macchia  
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**Frittata con Fiore di Zucca** - Baked Omelet with Zucchini Flowers  
Serving Size: 2

6 large eggs  
2 tablespoons freshly grated Parmesan cheese  
2 tablespoons heavy cream  
A few springs of Italian parsley, chopped  
2 mint leaves, chopped  
Sea salt and fresh ground pepper to taste  
6 whole zucchini flowers, gently rinsed and patted dry  
¼ cup each of green and yellow summer squash, diced into ¼-inch pieces  
1 Tropea onion\*, sliced thin  
1 tablespoon extra virgin olive oil

Preheat oven to 350°.

In a medium-sized mixing bowl, whip the eggs, Parmesan, cream, parsley, mint, sea salt and fresh ground black pepper with a wire whisk, until they become frothy. Heat a non stick sauté pan (preferably 10 inches) over medium heat and add the olive oil. When the olive oil appears shiny, but not smoking, sauté the onion and squash until they begin to soften. Then add the egg mixture to the pan and top with the zucchini flowers arranged in a circle.

Bake in the 350° oven for 5 minutes, or until golden on top. Slice into wedges and serve warm with a drizzle of extra virgin olive oil or shaved Parmesan, garnish with baby greens.

\*Tropea onions, which are red and football-shaped (not sized), are available at farmer markets.