

Batch Recipe Card

Item: Colazione del Contadino

Farmer's Breakfast

INGREDIENTS	UNIT	AMOUNT
Cage Free Organic Eggs	each	4
Baby Zucchini with Blossom	Each	4
White Onion	Each	1/4
Feta Cheese	Cup	1/4
Grated Parmigiano Reggiano	Cup	1/2
Extra Virgin Olive Oil	Tbsp	2
Granulated Sugar	Tsp	1
Crusty Levain Bread	Slice	2
Any Fruit up to your liking for side dish		

Number Portions: 1-2

Crack the eggs in a bowl and whisk them with some salt and pepper
In a Omelet Pan or Cast Iron Skillet Heat up 1 Tbsp of Olive Oil, dice the onions and slice the zucchini in to small little circles, then combine with the olive oil and let it brown a bit
Add the zucchini blossoms and let them wilt for a minute or so, then add the eggs, the feta and season with salt and pepper
With the help of a rubber spatula start lifting the bottom of the frittata and let the loose eggs get under nit in order to cook properly
Once the bottom is cooked flip it over and cook the other side
Turn off the heat and let it rest
Take the two slices of bread, drizzle the remaining of the olive oil and either grill them or toast them, when done sprinkle the sugar on it
Cut the fresh fruit to your liking and Enjoy!