

Greek Frittata with Zucchini, Tomatoes, Feta, and Herbs

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/best-greek-frittata-recipe>

Ingredients:

- 14 1/2 ounces diced tomatoes very well drained
- 1 zucchini medium, diced in 1/2 inch pieces
- 1 tablespoon olive oil
- 2 cloves garlic finely minced
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1 teaspoon Spike Seasoning optional, if you don't have Spike use any general-purpose seasoning mix that's good with eggs
- coarse ground black pepper to taste
- 6 eggs
- 1 tablespoon cream half and half, or milk
- 1/2 cup mozzarella cheese grated, or more
- 1/4 cup crumbled feta cheese or more

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 340 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 16 grams
7. SaturatedFat: 6 grams
8. Sodium: 310 milligrams
9. Sugar: 6 grams

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