



them, grating them into veggie loafs and making frittatas, you can get a bit bored of them so here are two recipes that will help you enjoy zucchinis again. These recipes are good for breakfast or a light meal.

Preparation:

In a frypan sautee the onion until soft then add the diced zucchini and cook for a further 10 minutes or until the zucchini is soft. Turn down the heat to moderate and add in the beaten eggs, stir into the zucchinis and then add salt, pepper and chilli. Cook for a further 4 minutes. Serve this for breakfast or with salad as a light meal. For this second recipe you need 2 grated zucchinis 1 finely diced onion or a few sprigs of green onion chopped 8 eggs 1 tbsp of flour 1 tsp of baking powder half a cup of crumbled feta - you can omit this if you wish a handful of chopped herbs ie parsley and or dill salt, pepper and chilli to taste oil Grate the zucchinis and drain. Add in beaten eggs, flour, baking powder, herbs, salt, pepper, chilli, cheese and onion. Stir until well combined. In a frypan add a small amount of oil and start frying a couple of tblsp of mixture. Fry each side until brown. You can serve this along side salads and garlic yogurt.

Image (optional):

Crops:

[zucchini \(courgette\)](#) [1]

Recipe Type:

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Ingredients:

6 diced zucchinis 1 finely chopped onion 4 beaten eggs salt and pepper chilli oil

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