

## **Squash Blossom Frittata, for one**

Treat yourself right. There's absolutely no reason why frittatas have to be reserved for company, especially because they're so easy. If you can make an omelet, you can make a frittata.

Serves, um, 1

1 tablespoon chopped shallots  
1-1/2 teaspoons olive oil  
4 medium squash blossoms, gently cleaned, dried and rough-chopped  
1/4 cup diced zucchini  
1/4 teaspoon salt  
freshly ground black pepper  
2 eggs whisked with 1 tablespoon milk (I used skim)  
1 tablespoon goat cheese

Preheat the broiler.

Place an 8" nonstick, ovenproof omelet pan over medium heat. Add shallots and oil. Saute, stirring frequently, until shallots are translucent, about 3 minutes. Add squash blossoms and zucchini, season with the salt and pepper, and continue cooking for 3 minutes longer, or until vegetables are all tender.

Reduce heat to medium low. Add the egg mixture, sprinkle on the goat cheese, and cover. Let cook, undisturbed, for 3 minutes, or until the bottom is set and the top nearly but not completely so.

Slip under the hot broiler for 1 to 2 minutes, watching carefully, until cheese bubbles and frittata begins to turn golden brown in spots.

Serve hot, warm, or at room temperature.

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