



COOKING FOR WELLNESS


CANCER SUPPORT
COMMUNITY
CENTRAL OHIO
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GIANT EAGLE
MARKET
DISTRICT

ZUCCHINI TOMATO BREAKFAST BAKE

INGREDIENTS

1 tablespoon olive or canola oil
1 cup diced onion
1 ½ pounds zucchini, finely chopped
(about 3 medium zucchinis)
¼ teaspoon crushed red pepper flakes
1 pound ripe tomatoes, sliced (about 3
medium)
8 eggs
½ teaspoon kosher salt
½ teaspoon freshly ground pepper
½ cup fresh basil, chopped (or 2
tablespoons dried)
1 cup shredded part-skim mozzarella
cheese
Non-stick cooking spray

INSTRUCTIONS

1. Preheat oven to 400 degree and lightly grease a 9x13 baking dish with cooking spray.
2. Heat oil in large skillet over medium heat and sauté onion and zucchini until tender. Stir in red pepper flakes.
3. Transfer veggie mixture to baking dish and top with sliced tomatoes.
4. Whisk together eggs, salt, pepper, basil and shredded cheese in a large bowl. Pour mixture over the casserole ingredients.
5. Place baking dish in oven and bake for 30 minutes, or until egg is set, and casserole is lightly browned and puffy. Remove from oven and serve hot.