



GARLIC HUMMUS FRITTATA

INGREDIENTS

- 2 tsp refined avocado oil
- 1 pint cherry tomatoes
- 3/4 cup diced vidalia onion
- 1 heaping cup halved and thinly sliced zucchini
- 3 garlic cloves, minced
- 8 large eggs
- 6 tbs Blue Moose of Boulder Garlic Hummus
- 1 tablespoon butter (or olive oil)
- 3/4 cup freshly grated parmesan
- chopped fresh basil
- salt and pepper



Moose Tip: This recipe can be made ahead and stored in the fridge for a quick weekday breakfast, just slice, heat and enjoy!
#BlueMooseOnTheLoose

INSTRUCTIONS

1. Heat a 10 or 12-inch cast iron pan over medium-high heat with the 2 teaspoons oil.
2. Once fully heated, add the cherry tomatoes. Shake the pan frequently, until blistered, about 4-6 minutes. Remove tomatoes from the pan.
3. Reduce heat to medium. Add onion and stir frequently, until soft and golden, about 6-8 minutes.
4. Add the zucchini and stir a few times until just cooked through, 3-4 minutes.
5. While the zucchini cooks whisk the eggs, hummus, and a big pinch of salt together.
6. Add the garlic to the pan and stir for about 1 minute.
7. Add the butter and tilt the pan around to grease all sides.
8. Preheat oven to broil with a rack in the center of the oven.
9. Pour the egg mixture in and stir gently (just a few times) with a spatula until the bottom and sides (only about 1-inch out from sides) are set and center is still quite wet. About 5-7 minutes.
10. Sprinkle cheese over top and place on the middle rack, uncovered. Let cook until the top is fluffy and set (not wet/jiggly), about 2-4 minutes. Watch closely.
11. Remove from oven and place tomatoes on top with chopped basil.
12. Add salt and pepper to taste. Serve with garlic hummus on the side.

