

Spiralized Zucchini Frittata with Goat Cheese and Pesto

This recipe was provided by Carolyn Hodges of [The Dinner Shift](#).

Prep Time: 35 minutes

Cook Time: 20 minutes

Total Time: 55 minutes

Serves 2-4

Ingredients

- 2 small zucchini, about 1 lb.
- ½ tsp. salt
- 6 large eggs
- ¼ cup Heinen's Crumbled Goat Cheese
- Black pepper
- ½ large red onion
- 1 Tbsp. olive oil
- ½ Tbsp. unsalted butter
- 2 Tbsp. basil pesto



Instructions

1. Using a spiralizer or julienne peeler, cut the zucchini into “zoodles”. Toss the zoodles in the salt and place in a colander over a bowl. Allow to sit for 20 minutes to draw out some of the water. After 20 minutes, wrap the zoodles in a clean dish cloth and gently squeeze to remove moisture.
2. Preheat oven to 350°F.
3. Crack the eggs into a bowl and whisk to combine. Fold in the goat cheese and season with black pepper. Set aside.
4. Slice the red onion into thin circles. Heat the olive oil in a 10-inch oven-safe skillet over medium heat. Add the red onion and cook for 5 minutes, or until it begins to soften and brown. Add the zoodles and gently toss with the onion using tongs. Cook for about 5 minutes. Transfer onion and zoodles to a bowl and set aside.
5. Carefully wipe out the skillet and return it to the stove over medium heat. Add the butter and allow it to melt. Pour in the beaten eggs then top with the cooked red onion and zoodles. Spoon the pesto over the eggs and vegetables and transfer pan to oven. Bake for about 8 minutes, or until just set.

*The zucchini can also be shredded using a box grater or cut into thin noodles using a paring knife.