

Zucchini-Potato Frittata

1 medium zucchini or yellow summer squash, sliced

Salt

4-5 tablespoons extra-virgin olive oil, or more as needed

1 1/2 pounds waxy potatoes, thinly sliced

1 large onion, halved and thinly sliced

1/4 pound smoked Canadian bacon or ham, diced (can substitute regular bacon, turkey bacon, etc.)

6 eggs

Black pepper to taste

1 cup grated Cheddar, Swiss, or Gruyere

Combine the zucchini and 1 teaspoon salt in a colander and toss well. Set aside to drain for 30 minutes.

Heat 3 tablespoons of the oil over medium-high heat in a large, well-seasoned cast-iron skillet or ovenproof nonstick skillet. Add the potatoes and onion, reduce the heat to medium-low, and cook, flipping and stirring occasionally, until the potatoes are soft, about 20 minutes. Increase the heat to medium-high and continue cooking, tossing occasionally, until the potatoes are brown, about 5 minutes. Remove the potatoes with a slotted spoon but keep the skillet on the burner.

Transfer the zucchini to a clean kitchen towel and pat dry. Add the zucchini and Canadian bacon to the skillet and sauté over medium-high heat, until the zucchini is just tender, about 4 minutes.

Beat the eggs and pepper to taste in a medium bowl until well blended. Fold in the potatoes, zucchini and Canadian bacon, and cheese.

Preheat the oven to 350°F. Add 1 to 2 tablespoons of the remaining oil to the skillet as needed to lightly coat the bottom. Pour in the egg mixture, reduce the heat to medium-low, and cook without stirring until the bottom is set, about 10 minutes.

Transfer the skillet to the oven and bake until the top is set, 5 to 15 minutes, checking every 5 minutes.

Place a serving plate on top of the skillet and carefully invert. The frittata should fall out of the pan. Cut into wedges and serve.