cheesy zucchini egg bake

Serves: 4

Prep and Cook time: 35 min

Per serving: 422 calories, 28 g fat, 836 mg sodium

6 eggs

1 large zucchini

1/2 cup self-rising flour (or 3/4 tsp baking powder, 1/4 tsp salt, and 1/2 cup all-purpose flour)

1 cup grated Cheddar cheese

1/4 tsp salt

1/4 tsp pepper

1. Preheat the oven to 350° F. Line a 7 x 11 inch baking pan with parchment paper or spray with cooking oil.

2. Wash the zucchini and cut off the ends. Then, grate using a grater. If you don't have a grater, cut the zucchini into tiny slivers about the size of matches.

3. In a large bowl, whisk the eggs. Whisk in the flour, then add the zucchini, cheddar cheese, salt, and pepper. Mix until combined.

4. Pour the contents into the prepared pan and bake until set and nicely browned on top, about 25 minutes. Allow to cool slightly, then slice and serve.

Vary It! Customize this by adding some grated carrot, onion, corn or bacon.