

DINNER

Potato and Zucchini Frittata

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	20 min	30 min	4	\$0.87	204 kcal



Potato and Zucchini Frittata takes about 50 minutes from beginning to end. For 87 cents per serving, you get a main course that serves 4. One portion of this dish contains about 12g of protein, 12g of fat, and a total of 204 calories. 1 person were impressed by this recipe.

Ingredients

- ☐ 2 egg whites
- ☐ 2 tablespoons coarsely chopped fresh cilantro leaves
- ☐ ¼ teaspoon hot sauce
- ☐ 1 small onion, finely chopped
- ☐ 1 small russet potato, peeled and cut into 1/2-inch cubes
- ☐ 2 strips cooked crumbled turkey bacon, optional
- ☐ 4 large eggs
- ☐ 1 garlic clove, minced
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces 1/2 cup queso fresco
- ☐ ¾ teaspoon salt
- ☐ 6 ounces small zucchini (about , grated and squeezed dry in clean kitchen towel

Method

- 1 Bring the potatoes with enough cold water to cover to a boil in a small saucepan. Cook, over medium-high heat, until the potatoes are tender, 6 to 8 minutes; drain and pat dry.
- 2 Whisk together the eggs, egg whites, cilantro, salt, and hot sauce in a large bowl.
- 3 Preheat the oven broiler to medium-high.
- 4 Heat the oil in a medium (10-inch) ovenproof nonstick skillet over medium-high heat.
- 5 Add the garlic and onion and cook, stirring occasionally, until the onion is translucent, 2 minutes.
- 6 Add zucchini and cook until tender, about 6 minutes more.
- 7 Add the cooked potatoes and cook, stirring occasionally, until the potatoes begin to brown slightly, about 4 minutes more.
- 8 Evenly pour the egg mixture over the vegetable mixture. Cook, over medium heat, tilting the pan and lifting the edges with a rubber spatula to let the uncooked egg flow underneath.
- 9 Sprinkle with the cheese and the bacon, if using. Broil, 5 to 7 inches from the heat, until the eggs puff and are just set and the cheese is golden brown, about 5 minutes.
- 10 Remove carefully to a plate, or serve in wedges directly from the skillet.

Nutrition per serving

204	12 g	12 g	12 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4 g · 25% of daily needs
Fibre			1.3 g · 5% of daily needs
Sugar			2.7 g · 3% of daily needs
Sodium			663 mg · 29% of daily needs
Cholesterol			196 mg · 65% of daily needs
Vitamin C			11.8 mg · 14% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/potato-and-zucchini-frittata-148602