

Sfougato (Greek frittata) with Zucchini

Summer means tender zucchini everywhere. Stacked at the local market, growing effortlessly in the garden, or shared by a neighbor who can't keep up with the harvest. There are many ways to cook them but the quickest, easiest, and most delicious is the Cretan sfougato (Greek frittata).

Just a few zucchinis, some eggs, a bit of tomato, and half an hour of cooking—enough for a wholesome meal you can enjoy hot or cold, any time of day, anywhere!

Ingredients

Serves 2

- 6 medium-to-large tender zucchinis
- 1 dry onion, thinly sliced
- 1/4 cup extra virgin olive oil
- 5 eggs
- 1 small ripe tomato, grated
- Sea salt flakes
- Freshly ground pepper

Execution Method

- Wash the zucchinis and slice them into thin rounds.
- In a small pan, sauté the zucchini with extra virgin olive oil over medium to high heat until they begin to soften and turn golden.
- Once they start to color, add the sliced onion and sauté for another 4–5 minutes until it softens.
- Once the onion has softened, add the grated tomato and continue cooking for another 5 minutes.
- In a bowl, beat the eggs and season with salt and pepper.
- Lower the heat to medium and pour the eggs into the pan.
- Let the sfougato cook on one side until it begins to set. Occasionally stir gently so the eggs cook evenly.
- Carefully flip the sfougato using a plate or a flat pot lid so it can cook on the other side as well.

Tips

1. At first, six sliced zucchinis may seem like a lot but don't worry. By the end of cooking, they will shrink to about a $\frac{2}{3}$ of their original volume.
2. It's important to let the zucchini release their water and get some color. That's how they develop their full flavor and aroma.





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