

## Complete your healthy start breakfast with a bowl of **EATING RIGHT™ Bran Flakes.**

Preheat boiler  
Ovenproof skillet

### Ingredients:

2 cups (500 ml)	sliced zucchini
1	small onion, minced
1 tbsp (15 ml)	butter or margarine
1 ½ tsp (7 ml)	olive oil
6	eggs, beaten
1 tbsp (15 ml)	chopped fresh parsley
1 tsp (5 ml)	ground fennel
½ tsp (2 ml)	ground dried rosemary
½ tsp (2 ml)	salt
¼ tsp (1 ml)	freshly ground black pepper

### Directions:

1. In a large ovenproof skillet over medium-high heat, cook zucchini and onion in butter and olive oil for about 5 minutes or until tender.
2. In another bowl, combine eggs, parsley, fennel, rosemary, salt and pepper; pour over vegetables. Cook over medium heat, without stirring, until bottom of mixture has set but top is still soft. Sprinkle cheese on top. Place under preheated broiler for about 3 minutes or until cheese is melted and top is brown.

Per Serving

Calories: 126

Dietary Fiber: 1 gram

Fat: 9 grams

Carbohydrate: 3 grams

Protein: 7 grams



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