GREEK · BREAKFAST · LUNCH · DINNER

# Cretan Zucchini and Feta Omelette

25 min · Serves 4 · 344 kcal a serve · Video 7:06 · Dimitra's Dishes

Vegetarian · Gluten-free ingredients · Nut-free

A vegetarian one-pan omelette of zucchini, tomato and feta cooked in olive oil: about 16 g protein and under 7 g net carbs a serve, with nearly three-quarters of the energy from fat, and rich in vitamins K and B12 and selenium.

**Diet notes:** Keto (6.6 g net carbs a serve).

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## Ingredients 9 · SERVES 4

- [ ] 60 ml **olive oil**
- [ ] 4 **scallions**, thinly sliced
- [ ] 2 **zucchini**, sliced into rounds
- [ ] 2 **tomatoes**, diced
- [ ] 6 **eggs**
- [ ] 2 tbsp finely chopped **parsley** (or mint)
- [ ] about 115 g **feta cheese**, crumbled
- [ ] **salt**, to taste
- [ ] **freshly cracked black pepper**, to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Contains:** Egg, Milk. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the olive oil in a 25–28 cm non-stick frying pan over medium-high heat and soften the scallions for 2–3 minutes. 2:09
2. Add the zucchini rounds, season lightly with salt and pepper and cook 3–4 minutes until fork-tender (a little colour is traditional). Add the tomatoes and cook 2–3 minutes, just until they soften. 2:41
3. Whisk the eggs with the parsley, salt and pepper, then crumble in the feta. 3:40
4. Pour the eggs over the vegetables, stir gently once, then turn the heat to medium-low, cover and cook about 10 minutes until just set (slightly soft on top). 4:40
5. Take the pan off the heat and leave it covered for 5 minutes so it releases easily, then slide onto a board and cut into wedges. 5:17

> **Tip** Good warm or at room temperature, so it travels well. The cook serves it with salad and tzatziki (skip the bread for keto). Mint or basil can replace the parsley, and a leek or small onion the scallions.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 344 kcal | 16 g | 8.8 g | 2.2 g | 28 g | 750 mg |
| 1,440 kJ | 31% of a day | 6.6 g net · 6.5 g sugars | 8% of a day | 8.7 g saturated | 33% of a day |
| | | 3% of a day | | 36% of a day | |

**Energy from** net carbs 8% · protein 19% · fat 73% — fits keto: 6.6 g net carbs, 73% of the energy from fat

**High in** (20%+ of a day) Vitamin K 68% · Vitamin B12 54% · Selenium 50% · Vitamin C 35% · Vitamin B6 25% · Vitamin A 22% · Vitamin E 22% · Folate 22% · Zinc 20%

**Source of** (10–19%) Omega-3 18% · Calcium 16% · Potassium 12% · Iron 12% · Magnesium 10%

**Recipe and video:** Dimitra's Dishes (@DimitrasDishes) on YouTube — youtube.com/watch?v=6RAORipZGB8, published 21 June 2021. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cretan-zucchini-feta-omelette