



Crab-Zucchini Frittata

8 ounces fresh or frozen crabmeat
2 tablespoons butter
1 clove garlic
2/3 cup chopped green onion
1 cup zucchini, sliced paper thin
½ cup sliced fresh mushrooms
1 teaspoon salt
Pepper to taste
3 eggs
½ cup milk
½ cup Parmesan cheese
1 tablespoon fresh **oregano**

Preheat oven to 350 degrees. Drain crabmeat and pick out shell or cartilage; set aside. Melt butter and gradually add garlic, onion, zucchini and mushrooms, cooking only until hot. Add salt and pepper.

Beat eggs, milk and cheese together and add oregano, sautéed vegetables and crab. Pour into buttered, shallow casserole (1 ½ -quart). Bake 20-25 minutes or until firm. Serve immediately or at room temperature; will also reheat nicely in a microwave.