



## Zen & The Art of Cooking With Pressure

### Low Carb Air Fryer (or oven) Pizza Frittata

Yield: 1 - 8" x 8" pan & 1 - 12" springform pan (about 12 generous servings)

Gluten-free, grain-free, low carb, Keto, sugar-free, vegetarian if you omit salami

Preparation time: 15 minutes

Cooking time: 30 minutes, 350-degrees F Air Fryer, no need to pre-heat (alternatively 40 minutes in 350-degrees preheated conventional oven)

### Ingredients:

2 medium-sized zucchini, cut into sheets with the KitchenAid sheet maker attachment or sliced lengthwise with a mandolin

1 1/2 cups prepared thick and chunky marinara sauce

1 green pepper, cut into slices

1 red pepper, cut into slices

3 or 4 scallions, finely chopped

10 garlic cloves, sliced

1/2 cup fresh basil, chopped

1 can pitted black olives, sliced

3 cups shredded mozzarella cheese, divided

1 cup shaved Parmesan

6 medium-sized Cremini mushrooms, sliced

6 eggs

salt and pepper to taste

10 - 12 slices salami, cut into pieces (omit for vegetarian version)

### Method:

1. Spritz two baking pans with a little olive oil. Line each pan with the prepared zucchini sheets.

2. Drain marinara sauce to remove excessive liquid. Spoon marinara sauce on top of the zucchini layer. Top with shredded mozzarella cheese. Sprinkle with chopped basil.

3. With a vegetable peeler slice the zucchini cores into strips. Arrange the strips over the cheese and basil layer. Distribute 1/2 of the salami pieces over the zucchini strips.

3. Arrange sliced mushrooms over the salami layer. Top mushroom layer with red and green pepper slices.

4. Finely chop scallions and the rest of the basil. Break eggs into a medium-sized bowl, add salt and pepper, scallions and basil. Whisk together. Add the rest of the shredded mozzarella cheese to the egg mixture. Pour over the red and green pepper layer. Top with shaved parmesan. Top with sliced olives. Top with the rest of the salami pieces.

5. Place into the air fryer. Set temperature to 350-degrees F and bake for 30 minutes.

Alternatively bake in a pre-heated 350-degrees F conventional oven for 40 - 45 minutes.

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6. When baking time has finished remove frittata from the oven. Let stand for 10 minutes. Serve hot or at room temperature with a side salad. Enjoy!

**Note:** This frittata lends itself well to freezing. After cooling, cut into portions, wrap well and freeze for up to a month. Reheat in the frying pan or air fryer before serving.