

## *Sicilian Sformato*

Servings: 6

2 medium zucchini, diced  
1/2 pound asparagus, cut in 1/2" pieces  
1 white onion, diced  
3 cups ricotta cheese  
1/2 cup parmesan cheese, grated  
3 eggs  
1/4 cup extra virgin olive oil  
salt to taste

Saute the onion in olive oil, when it is softened add the zucchini and asparagus and cook until tender. Let the vegetables cool

Mix the ricotta with the eggs, olive oil, parmesan and salt. Add the vegetables and mix until combined. Salt to taste Bake in 350 degree oven in a baking dish until set and golden (about 30 minutes)

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*Per Serving (excluding unknown items): 377 Calories; 29g Fat (69.2% calories from fat); 21g Protein; 9g Carbohydrate; 2g Dietary Fiber; 161mg Cholesterol; 258mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 Vegetable; 4 Fat.*

