

LOW-CARB TORTA DI ZUCCHINI

(from the Bewitching Kitchen)

4 zucchini, 2 grated, 2 thinly sliced

4 eggs

zest of 1 lemon

1/2 tsp Herbes de Provence

1/2 tsp salt or to taste

black pepper, to taste

1/4 cup almond flour plus more to sprinkle on plate

1/4 cup finely grated Parmigiano cheese

topping: 1/4 cup breadcrumbs + 1/8 cup Parmigiano cheese

drizzle of olive oil

Grease a Pyrex pie dish with butter. Sprinkle some breadcrumbs or almond flour to coat.

Mix the beaten eggs with the lemon zest, herbs, Parmigiano cheese, 1/4 cup of almond flour, salt and pepper. In another bowl, place the grated and sliced zucchini. Shake the dish carefully to distribute the slices more or less evenly. Add the egg mixture to it, mix gently, and pour into the prepared pie dish. Sprinkle the remaining mixture of breadcrumbs (or you can use almond flour) and cheese on top, forming a very light coating. You may not need to use it all. Drizzle a bit of olive oil.

Bake in a 375F until set and golden on top, 25 to 30 minutes. Allow it to cool for at least 15 minutes before serving. Serve warm or at room temperature.