



Courtesy of Pinch of Yum [@pinchofyum](#)

Have you ever walked out your door to discover a mound of zucchini left by a neighbor who has a garden? Well, I have! If you're not lucky enough to have experienced this, head to the Farmers Market and fill your bag with this prolific-bearing plant. Yes, buy more than two green squashes and more than two ears of corn because you will likely repeat this meal. Better yet, make two at once, save one for reheating later and use the extra corn on the grill.

This crustless Sweet Corn and Zucchini Pie is incredibly easy to make, and it's the perfect way to enjoy summer produce! It takes just a few minutes to prep, and you can make a nice tossed salad while it bakes to make a complete, simple meal.

This dish provides calcium, vitamin D, and protein with cheese and mushrooms. Corn adds significant amounts of B vitamins and fiber. This recipe's real star is the zucchini, containing 40% of the daily vitamin A requirement and over 10% of manganese, potassium, magnesium, and vitamin C. To round out this nutritional powerhouse, it is also a good source of copper, vitamin K and folate.

INGREDIENTS:

- 4 tablespoons butter
- half of a yellow onion, diced
- 2 ears sweet corn
- 2 large zucchini, sliced very thinly (about 4 cups)
- 8 ounces sliced mushrooms (optional; add a few more slices of zucchini instead)
- 1 tablespoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 12 ounces shredded cheese (Mozzarella and Swiss go well)
- 4 eggs, beaten

DIRECTIONS:

1. Preheat the oven to 375 degrees. Heat the butter in a large, deep skillet over medium-high heat. Add the onions, zucchini, and mushrooms. While the veggies saute, cut the corn kernels off the cob. Add them to the pan and continue to saute until the veggies are soft, 5-10 minutes. Remove from heat.
2. Once the mixture has cooled for a few minutes, stir in the basil, oregano, salt, cheese, and beaten eggs. Line a pie pan (9-inch or larger) with parchment paper or grease a pan with nonstick spray. Transfer the mixture to the pan. Arrange the top, so the zucchini slices lay flat and look nice. Sprinkle with a bit of extra cheese for looks, cover with greased foil, and bake for 20 minutes. Remove foil and bake for an additional 5 minutes to brown the top. Let stand for 10-15 minutes before cutting into slices.

NOTES

If the pie pan is overly full, place a mat or pan under it to catch what bubbles over. Sprinkle with fresh herbs (parsley, basil, and cilantro) saved from other recipes using fresh herbs.