

Ingredients - Serves 4

- 6 eggs
- 2 tablespoons water
- 2 tablespoons reduced fat milk
- 1 tablespoon olive oil
- 1 red capsicum, thinly sliced
- 1 punnet cherry tomatoes, halved
- 1 cup baby spinach leaves ,
- 1 cup button mushrooms, thinly sliced
- 3 tablespoons fresh basil, chopped



Method:

1. Preheat the oven to 200°C.
2. Whisk eggs with milk until well combined and season with pepper.
3. Heat oil in a heavy based (ovenproof) pan.
4. Add the capsicum, tomatoes, spinach and mushrooms and cook for approximately 3 minutes until the vegetables begin to soften. Sprinkle basil over the tomato and spinach mixture.
5. Pour in the whisked eggs and transfer to the preheated oven.
6. Bake for 10-12 minutes until eggs have set and the top is golden brown.
7. Slice into wedges and serve on its own, or with garden salad and a wholegrain dinner roll

Tip: Try adding different fillings to the frittata such as pumpkin, sweet potato or leftover cooked meat like chicken or beef.