

Ingredients:

Serves 24

- 8 eggs
- 1.5 cups ricotta
- 1.5 cups milk (375mL)
- 1 cup grated cheese and extra for sprinkling
- 2 medium leeks or onions
- 16 mushrooms
- 2 cups breadcrumbs (180g)
- 2 tsp Dijon mustard
- 12 cherry tomatoes

Equipment

- 2 x 12 hole muffin trays
- Chopping board
- Knife
- Wooden spoon
- Measuring cups and spoons
- Mixing bowl

Method

1. Pre-heat oven to 200°C (180°C fan-forced). Grease muffin trays and line with patty cases.
2. Finely dice onions, dice mushrooms and slice cherry tomatoes in half.
3. Place all ingredients, except the cherry tomatoes, into a large bowl and mix well to combine.
4. Using a ¼ cup measure, scoop the mixture into the muffin trays. Top each frittata with half a cherry tomato and sprinkle with cheese.
5. Bake for 25-30 minutes or until golden brown.

Alternative: swap mushrooms with another vegetable – i.e. peas or corn.



Vegetarian

AGHE Food Group Serves

Vegetables = 1/4
Dairy = 1/3

Involving the Children

Get the children involved in measuring, chopping, mixing and cracking eggs. While the frittatas are cooking discuss calcium and foods it can be found in.

Fast Fact

Milk, ricotta and cheese make this frittata a great source of calcium.

Great served as a snack or with a salad for a veggie packed lunch.