

# Christmas frittata

Food Foundations • another NAQ Nutrition program

## Ingredients

### Serves: 20

- Olive oil spray
- 1 tbsp olive oil
- 1 red onion, diced
- 120g baby spinach
- 250g cherry tomatoes, halved
- 1 red capsicum, diced
- 20 eggs
- 2 cups grated tasty cheese



## Method

1. Preheat oven to 200 degrees Celsius and spray a baking dish with oil.
2. Heat oil in a small frypan and sauté onion for 5 minutes or until softened and starting to caramelize. Spread over baking dish.
3. Sprinkle baby spinach, cherry tomatoes and capsicum over baking dish.
4. In a bowl, whisk eggs together. Pour over vegetables in baking dish.
5. Sprinkle cheese over egg and bake in oven for 15 minutes or until set.

## Note

- For extra green vegetables in this Christmas frittata, add in some grated zucchini, parsley or green shallot stems.
- This is great as a main meal or snack. If serving for a main meal, accompany with a slice of bread and side salad.

Food Group	Serves provided per portion
Vegetables	0.5
Lean meats and legumes	0.5
Milk, yoghurt and cheese	0.3