

# Christmas Frittata

OSHC

Food Foundations



**Serves:** 20

**Prep Time:** 5 minutes

**Cook Time:** 20 minutes

## Ingredients

- Olive oil spray
- 1 tablespoon extra virgin 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°C and spray a large baking dish with olive oil spray.
2. Heat extra virgin olive oil in a small frypan and sauté diced red onion for 5 minutes or until softened and starting to caramelize. Spread over the baking dish.
3. Sprinkle baby spinach, halved cherry tomatoes and diced red capsicum over the baking dish.
4. In a large mixing bowl, whisk eggs together. Pour over the vegetables in the baking dish.
5. Sprinkle the mixture with grated tasty cheese and bake in the oven for 15 minutes or until set.

### Recipe Notes:

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

Food Group	Serves provided per portion
Vegetables	0.5
Fruit	0
Grain foods	0
Lean meat and alternatives	0.5
Milk, yoghurt and cheese	0.3