

Vegetable Frittata Slice

Food Foundations

Ingredients

- 24 eggs
- 300g cheddar cheese
- 6 cups(400g) of broccoli florets
- 3 red capsicums
- 2 onions
- 2 zucchinis
- 1 medium sweet potato
- 2 carrots grated
- 3 teaspoons of minced garlic
- 1 tbsp olive oil
- Olive oil spray

Serves: 20

Prep Time: 15 minutes

Cook Time: 20 minutes



Method

1. Preheat oven 180°C.
2. Whisk eggs until egg whites become liquid.
3. Add grated cheese to egg mixture and combine.
4. Finely slice onion and cut broccoli into small florets and dice red capsicum.
5. Add olive oil to heated pan, add sliced onions and garlic, and cook for 1-2 minutes until onion is clear.
6. Add broccoli florets and red capsicum and cook 4-5 minutes. Add in sweet potato, carrot and zucchini
7. Put vegetables into sprayed baking tray.
8. Pour the egg/cheese mixture over the vegetables.
9. Place into pre heated oven for approximately 20 – 25 minutes until lightly golden.
10. Remove from oven and cool for 10 minutes. Cut into slices and serve.

Recipe Notes:

Variations substitutes: replace broccoli and capsicum with cherry tomatoes and spinach or mushrooms, leek, and parsley.

Serve with rice or a wholemeal bread roll to add a grain serve.

Food Group	Serves per portion
Vegetables	1.5
Fruit	
Grain foods	
Lean meat and alternatives	0.6
Milk, yoghurt and cheese	0.4