

Roast Pumpkin and Sweet Potato Frittata

OSHC

Ingredients

- 600g pumpkin, peeled and diced
- 600g sweet potato, peeled and diced
- 600g potato, peeled and diced
- 1 tablespoon extra virgin olive oil
- 1 tablespoon dried herbs
- 16 eggs
- 1 ½ cups milk
- ½ cup fresh parsley, chopped
- Olive oil spray
- 500g grated cheese

Serves: 20

Prep Time: 15 mins

Cook Time: 60 mins



Method

1. Preheat oven to 180°C. Line a large baking tray with baking paper.
2. Place the diced pumpkin, sweet potato and potato onto the prepared baking tray. Drizzle with extra virgin olive oil and sprinkle with dried herbs. Roast for approximately 30 minutes or until tender and golden.
3. In a large bowl, whisk together the eggs, milk and chopped fresh parsley.
4. Spray a large, deep baking dish with olive oil. Place the cooked vegetables into the dish and pour over the egg mixture. Sprinkle with grated cheese. Bake for approximately 30 minutes or until the eggs are completely set.
5. Remove from the oven and allow to cool for approximately 10 minutes before cutting into slices. Serve either warm or cold.

Recipe Notes:

To increase the protein serve, add lentils or crumbled tofu to this recipe or serve with a legume-based (e.g. bean, chickpea) salad. Alternatively, serve with a side salad or steamed vegetables.

Food Group	Serves per portion
Vegetables	1.2
Fruit	0
Grain foods	0
Lean meat and alternatives	0.4
Milk, yoghurt and cheese	0.7