

Vegetable Frittata Slice

OSHC

Ingredients

- 24 eggs
- 300g grated cheese
- 1 tablespoon extra virgin olive oil
- 2 brown onions, diced
- 3 red capsicums, diced
- 400g broccoli, cut into small florets
- 1 tablespoon minced garlic
- 2 carrots, grated
- 2 zucchinis, grated
- 1 medium sweet potato, peeled and grated
- Olive oil spray

Serves: 20

Prep Time: 15 mins

Cook Time: 35 mins



Method

1. Preheat oven to 180°C.
2. In a large bowl, whisk together the eggs and grated cheese. Set aside.
3. Heat the extra virgin olive oil in a large frypan over a medium heat. Cook the diced brown onion, red capsicum and small broccoli florets for approximately 5 minutes or until softened. Add the minced garlic, grated carrot, zucchini and sweet potato. Cook for a further few minutes.
4. Spray a large, deep baking dish with olive oil. Place the cooked vegetables into the dish and pour over the egg mixture. 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:

Substitute vegetables as needed, both fresh and frozen varieties work well.

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

Food Group	Serves per portion
Vegetables	1.5
Fruit	0
Grain foods	0
Lean meat and alternatives	0.6
Milk, yoghurt and cheese	0.4