

Baked Vegetable Frittata

Ingredients

- 350g pumpkin
- 1 zucchini
- 1 red capsicum
- 1 red onion
- 1 sweet potato
- 2 tablespoons olive oil
- 2 tablespoons crushed garlic
- 2 tablespoons mixed dried herbs
- 20 eggs
- 1.5 cup milk
- 400g grated tasty cheese
- 200g feta, crumbled

Serves: 20

Prep Time: 30 mins

Cook Time: 1-1.5hrs



Method

1. Preheat oven to 220°C (200°C fan forced).
2. Dice the pumpkin, zucchini, capsicum, red onion, and sweet potato into small cubes. Toss on a tray with olive oil, garlic, herbs, salt and pepper. Spread out on baking tray and bake for 30 minutes or until softened. Remove from oven and cool for 5-10 minutes.
3. Lower temperature of oven to 180°C.
4. Lightly spray two baking dishes (20cm x 30cm) with oil and line with baking paper.
5. Whisk together eggs and milk in a bowl.
6. Spread out 2/3 of the roast vegetables in the lined baking dishes.
7. Pour egg mixture over vegetables, sprinkle over tasty cheese, and top with remaining vegetables. Crumble feta over the top.
8. Bake in oven for 40-50 minutes or until the egg in the centre is set.
9. Rest frittata in pan for 10 minutes. Transfer to chopping board and slice.

Recipe Notes:

Other vegetables that could be added include broccoli, cauliflower, or asparagus. Serve as a main meal for 20 or cut into 40 pieces to serve as a snack at morning or afternoon tea. Can also be portioned into silicone or lined muffin pans for individual serves.

Food Group	Serves per recipe	Serves per portion
Vegetables	20	1
Fruit	0	0
Grain foods	0	0
Lean meat and alternatives	10	0.5
Milk, yoghurt and cheese	10	0.5