



# Mini vegetable frittatas

EVERYDAY NSW

Makes 12 serves

## Ingredients:

- Canola cooking spray
- 1 tablespoon olive oil
- 1 cup spinach leaves, chopped
- 1 red capsicum, diced
- Potato or corn (see *Variations* below for quantity)
- 6 eggs
- 1 cup reduced-fat milk
- 1 teaspoon ground black pepper
- 1 cup reduced-fat cheddar cheese, grated

## Method:

1. Preheat oven to 175°C. Spray muffin tray with cooking spray
2. Heat olive oil in a skillet over medium heat and stir in spinach leaves and capsicum; cook until softened (5-10 minutes)
3. Whisk eggs, milk and pepper in bowl
4. Mix vegetables and cheese into egg mixture, then immediately spoon the mixture into each muffin cup
5. Bake until frittatas set in the middle and are lightly browned (20 minutes)

## Variations:

- **Potato frittata:** At step 5 add one cup of diced cooked potato.
- **Corn frittata:** At step 5 add one cup of rinsed and drained corn kernels.

## Tips:

- Mixture can be doubled or tripled for larger batches.

## Source:

- This recipe was adapted from Cathy O'Connor's Muffin Pan Frittata recipe.

**Nutrition information:**

<b>Frittata</b>	<b>Per serve (90g/1 x frittata)</b>	<b>Per 100g</b>
<b>Energy (kJ)</b>	436	484
<b>Protein (g)</b>	7.9	8.8
<b>Fat – total (g)</b>	6.7	7.5
<b>Saturated (g)</b>	2.6	2.9
<b>Carbohydrates – total (g)</b>	2.9	3.2
<b>Sugar (g)</b>	2.2	2.4
<b>Sodium (mg)</b>	139	154
<b>Fibre (g)</b>	0.5	0.5