

# Veggie Frittata



8-12 servings



40 minutes

A great 'jack of all trades' recipe. Lunch, breakfast, snack, dinner, picnic dish.

Choose your own combo or use up leftover veg from dinner or the crisper at the end of the week!

Spice yours up with herbs, chilli or spices. The options are endless.

High in protein, calcium, and full of nutritious veg.



## INGREDIENTS

- 3 cups COOKED chopped veg of your choice
- 12 eggs whisked
- 3 Tb full-fat dairy/dairy-free option (natural yogurt, milk, ricotta, cream, sour cream, or combination)
- 1 small onion
- 1 clove garlic
- salt and pepper to season
- olive oil - drizzle to soften onion and garlic
- herbs, spices of choice. 1/2 to 1 tsp depending on strength of flavour
- 1 cup grated cheese for topping (tasty, parmesan, vegan, feta, lactose free etc)

## METHOD

1. Preheat oven. Soften onion and garlic in olive oil until soft.
2. Steam, boil or microwave chopped veg of choice.
3. Combine veg, onion/garlic, salt and pepper, herbs/spices in a large bowl. Cool slightly.
4. Whisk eggs and dairy together in a separate bowl.
5. Combine egg and veg mixes and pour into a greased baking dish. (I used 24cm x 32cm Pyrex dish).
6. Top with grated cheese.
7. Bake at 190 deg C fan for 20-30 minutes or until set. May need a minute or 2 under the grill to brown the cheese.