

Frittata

Ingredients

300g sweet potato (or pumpkin), cubed
Olive oil spray
Black pepper, to season
1 red onion, trimmed, white part only, thinly sliced
2 cloves garlic, crushed
100g lean ham or chicken, thinly sliced
200g broccoli, cut into small cubes
200g cauliflower, cut into small cubes
Any other veggies you'd like to add – e.g. mushrooms, capsicum, spinach, beans, chickpeas, etc 😊
6-8 eggs
¼ cup low-fat milk
Optional flavours to add: garlic, chilli flakes, Italian herbs, parsley).
¼ cup reduced fat cheese
4 tomatoes or 2 cups cherry tomatoes, sliced
Salad leaves, to serve



Method:

1. Preheat oven to 200°C. Line a large baking tray with non-stick baking paper. Place sweet potato (and/or pumpkin) on tray, spray with olive oil and season with freshly ground black pepper. Bake for 15-20 minutes or until golden (can also part-cook sweet potato in microwave for 10-15 mins, rather than oven, if preferred).
2. Heat a large non-stick frying pan over medium heat and spray with olive oil. Add onion and garlic and cook, stirring for 3-5 mins or until soft. Add additions e.g. meat and other vegetables and stir to combine. Remove from heat.
3. Cover a baking tray or dish with non-stick baking paper. Pour in sweet potato/pumpkin and vegetables.
4. In a separate bowl, whisk together eggs and milk in a bowl (can add extra flavour here e.g. chilli flakes, extra garlic, salt and pepper or parsley, as desired). Pour over the vegetables and top with cheese and sliced tomatoes.
5. Bake for 25-30 mins or until frittata is golden and set in the middle (i.e. when a skewer or fork comes out clean).
6. Cut into wedges and serve with side salad.

Extra tips:

- This recipe is a fantastic way to use up leftover vegetables, meat and cheese. Change up the ingredients as you wish for these items and enjoy!
- Frittatas taste great served cold and hot, so save some for tomorrow's lunches (or breakfast!).

Recipe adapted from:

<http://www.taste.com.au/recipes/960/oven+baked+vegetable+and+bacon+frittata>

<http://www.healthyfoodguide.com.au/recipes/2008/july/ham-broccoli-and-sweet-potato-frittata>