

Baked Vegetable Frittata

6 eggs
½ cup trim milk
½ cup self raising flour
2 Tbsp chopped fresh herbs e.g. basil, parsley, thyme or, 2 tspn dried herbs
2 cooked potatoes, diced
1 cup cooked diced pumpkin
1 red pepper, in small chunks
2 courgettes, grated
1 small head of broccoli, cut into small florets
½ cup grated edam cheese (or low fat cheddar)
3 Tbsp grated parmesan
freshly ground black pepper

Set oven to 200C. Lightly oil or line with baking paper, a suitable dish for baking. This could be a 26 cm round pie dish or spring-form tin, a large loaf tin or a rectangular baking dish approximately 30cm by 20cm. Place the eggs, milk and flour in a bowl, mix till combined. Do not over-mix, as this will toughen the product. Add all remaining ingredients and mix until combined. Transfer to baking dish and bake at 200C for 30 – 40 minutes or until set through. Serves 6.

Health Habits:

- Including a wide range of different coloured vegetables ensures a wide range of vitamins and anti-oxidants
- Using trim milk and edam cheese instead of higher fat varieties reduces quantity of saturated fat
- Adding flaked almonds adds essential fatty acids and additional antioxidants