



VEGETABLE FRITTATA (SERVES 4)

INGREDIENTS

Canola oil spray

6 eggs

1/2 cup plain flour

1/2 cup milk (reduced fat, if available)

1 onion (diced)

1 large tomato (sliced)

1 cup grated cheese (reduced fat, if available)

400g can corn kernels

(drained)

1 cup mixed vegetables (can include mushrooms, zucchini, broccoli or a can of mixed vegetables (drained))

Pepper to taste (optional)

UTENSILS

Clean paper towel or cloth

Measuring cup set or jug

Large oven proof dish or pie plate

Large mixing bowl

Whisk

Chopping board

Knife

Spoon



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VEGETABLE FRITTATA



OPTIONS

- You can add extra ingredients you have available including sliced mushrooms, bacon, ham, chives, parsley or mixed herbs.

METHOD

1. Preheat oven to 180°C and spray oven proof dish or pie plate with canola oil spray.
2. Crack eggs into bowl and beat using a whisk. Then mix in the flour and milk, making sure there are no lumps.
3. Wash and dry vegetables thoroughly. To do this rinse vegetables well with cool water, being sure to remove any dirt or residue. Pat dry using a clean paper towel or cloth.
4. Slice tomato into small pieces and chop any fresh vegetables you would like to add.
5. Peel and finely dice the onion.
6. Mix all ingredients into the egg mixture and pour into an oven proof dish or pie plate.
7. Place in the oven and cook frittata for 30 to 40 minutes or until egg is set.
8. Divide into 4 slices and serve with a side salad if desired.

NOTE: Do not use broken, damaged or out of date eggs (refer to the information sheet for safe egg handling).

FOR MORE INFORMATION

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