

Roasted Vegetable Frittata



Photo credit: Recipe produced in conjunction with Nutrition Australia Qld.

Serves 4 (or 8 snack size servings)

Ingredients

- 1 small sweet potato
- 2 small red onions
- 2 small zucchinis
- 2 teaspoons extra virgin olive oil
- 6 eggs
- ¼ cup milk
- Cracked black pepper, to season
- ¼ cup parsley leaves, finely chopped
- 4 garlic cloves, crushed
- 1 long red chilli, deseeded and finely chopped
- 1 cup baby spinach leaves, shredded

For a video on how to make the recipe, visit:

<https://youtu.be/9hIKpRwBN-U>.

Method

1. Preheat oven to 180°C.
2. Peel the potato and onion. Chop the potato into cubes. Slice the onion into wedges. Halve the zucchini lengthways, then slice into 2cm pieces.
3. Place the prepared vegetables into a non-stick baking dish and drizzle over the oil, tossing to coat. Roast for approximately 40 – 45 minutes or until cooked through, turning occasionally. Once cooked, remove from oven and cool slightly.
4. Meanwhile, whisk together the eggs, milk, cracked black pepper, parsley, garlic and chilli in a bowl. Stir through the shredded baby spinach.
5. Pour the egg mixture over the roasted vegetables in the non-stick baking dish and gently mix to evenly distribute the ingredients.
6. Bake for 30 – 35 minutes or until completely set and lightly golden. Allow to cool slightly.
7. To serve, cut frittata into 4 portions. Serve with a side salad or handful of fresh rocket.

Nutrition information

2 serves of vegetables per serve

Per serve: 769kJ; 11.8g protein; 8.8g fat; 11.9g Carbohydrate; 128mg Sodium; 4.6g fibre.

Per 100g, 295kJ; 4.5g protein; 3.5g fat; 4.6g Carbohydrate; 49mg Sodium; 1.8g fibre.

For more great recipes, see

<https://hw.qld.gov.au/blog/boost-your-recipes/>.