



Vegie Frittata

 15 minutes preparation + 30 minutes cooking.

 19 serves of vegetables

INGREDIENTS

1 teaspoon vegetable oil
1 medium onion, sliced
500g sweet potato, peeled and thinly sliced
1/4 cup water
420g can sweet corn kernels (or 1 corn cob, cooked)
2 cups broccoli, cut into florets
60g grated reduced-fat cheddar (or 30g grated Parmesan cheese)
6 eggs
1/2 cup low-fat milk



DIRECTIONS

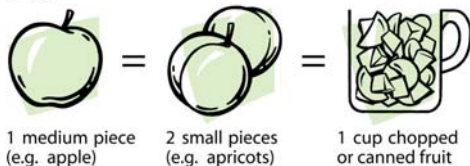
Preheat oven to 180°C and grease a 20cm square baking tin with oil. Combine onion, sweet potato and water in a large bowl, cover with cling film and microwave on HIGH (100%) for 3 minutes. Add broccoli and microwave on HIGH (100%) for a further 2 minutes. Layer baking tin with half the sweet potato and top with corn, broccoli, onion and remaining sweet potato. Whisk eggs and milk, pour over vegetables, top with cheese and bake for 30 minutes or until firm in the centre. Serves 4.

VARIATION

Substitute 5 cups of any cooked vegetables for those listed.

WHAT IS A SERVE?

Fruit

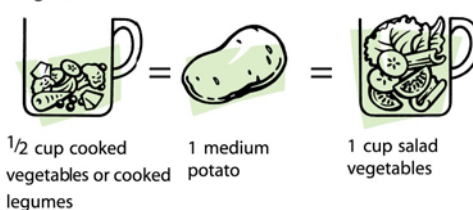


1 medium piece
(e.g. apple)

2 small pieces
(e.g. apricots)

1 cup chopped
or canned fruit

Vegetable



1/2 cup cooked
vegetables or cooked
legumes

1 medium
potato

1 cup salad
vegetables



Go for 2&5
FRUIT VEG



An Australian Government, State and Territory health initiative.

For more recipes visit www.gofor2and5.com.au