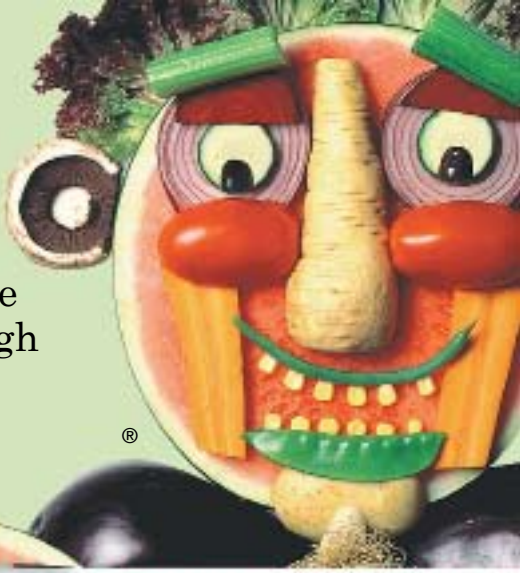




Think you're  
getting enough  
vegies?  
Cut it out.



## POTATO FRITTATA

 5 minutes preparation + 10-15 minutes cooking

 **Provides 2½ serves of vegies per person**  
Serves 4 people

- 250g sweet potato, sliced
- 250g potato, sliced
- 1 teaspoon olive oil
- 1 onion, thinly sliced
- 1 bunch baby spinach, washed and drained
- 3 eggs, beaten
- 2 tablespoons grated Parmesan cheese
- ¼ teaspoon nutmeg

Preheat grill. Boil potato for 4-5 minutes until tender, or microwave on HIGH (100%) in a covered dish with 1 tablespoon water for 5-6 minutes, stirring after 3 minutes. Drain well. Heat oil in a non-stick frypan, add onion and cook for 2 minutes until golden. Add potato, toss to combine and brown. Stir in spinach and stir-fry until wilted and moisture has evaporated. Mix eggs, cheese and nutmeg in a small bowl and pour into pan. Cook over low heat until set. Place under hot grill for 2 minutes to brown the top.

### Serving suggestion

Serve hot or cold. Cut into wedges and serve with salad for a light lunch. For a special breakfast/lunch dish serve with grilled tomatoes and crunchy wholemeal toast.

For more information visit:  
[www.gofor2and5.com.au](http://www.gofor2and5.com.au)



An Australian Government, State and Territory health initiative.

