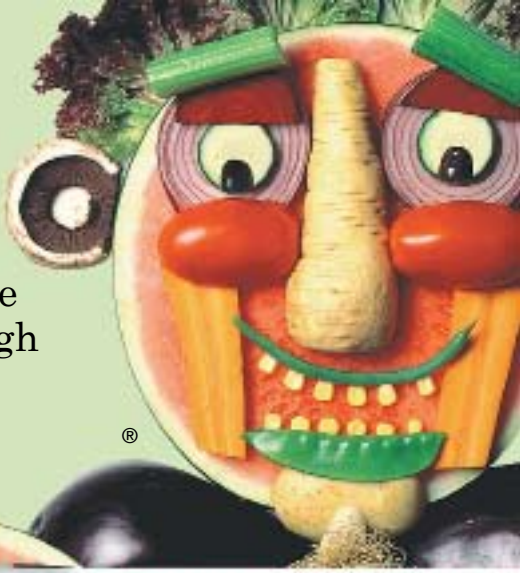




Think you're
getting enough
vegies?
Cut it out.



VEGIE FRITTATA

 15 minutes preparation + 30 minutes cooking

 **Provides 4½ serves of vegies per person**
Serves 4 people

- 1 teaspoon vegetable oil
- 1 medium onion, sliced
- 500g sweet potato, peeled and thinly sliced
- ¼ cup water
- 420g can sweet corn kernels (or 1 corn cob, cooked)
- 2 cups broccoli, cut into florets
- 60g grated reduced-fat cheddar cheese or 30g grated Parmesan cheese
- 6 eggs
- ½ cup low-fat milk

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.

Variation

Substitute 5 cups of any cooked vegetables for those listed.

Serving suggestion

Serve with a bread roll.

For more information visit:
www.gofor2and5.com.au



An Australian Government, State and Territory health initiative.

