



Cook time: 45 mins

Serves: 12

Prep time: 20 mins

Baked Vegetable Frittata

Ingredients

- 600g orange-flesh sweet potato, peeled
- 2 tbsp canola oil*
- 2 brown onions (220g), peeled and diced
- 200g frozen mixed vegetables, rinsed and drained*
- 2 cloves garlic, peeled and crushed
- 150g shredded cheeses (e.g. a mix of red cheddar and mozzarella)*
- 2 tbsp grated parmesan cheese*
- 8 whole eggs, lightly beaten
- 125ml low-fat milk*
- ½ tsp sea salt flakes
- Pinch of black pepper

*Choose products with the Healthier Choice Symbol.

Tips:

- When whisking the eggs, do not whisk too vigorously as this will introduce air into the egg mixture, causing the frittatas to puff too much during baking.

Nutritional Information (per serving):

1 serving = ½ serve meat & alternatives
and ⅓ serve vegetables

Energy: 170kcal

Protein: 10g

Fibre: 2g

Iron: 1.1mg

Calcium: 153mg

Folic acid: 36mcg

Vitamin C: 16mg

Vitamin A: 2366 IU

Method

- Preheat the oven to 170°C. Grease muffin tins lightly to prevent sticking. Cut baking paper to fit the base of each muffin hole.
- Cut the sweet potatoes into uniform cubes (1cm by 1cm) and steam/microwave until tender. Drain off excess liquids and set aside to cool.
- Heat oil in pan and fry the onions until soft and translucent. Add the garlic and cook for 2 minutes before adding in the mixed vegetables.
- In a bowl, gently mix sweet potato, onions and mixed vegetables. Scoop and divide into muffin holes. Add 2 tsp of shredded cheese into each of the muffin holes.
- In a measuring cup, whisk eggs and low-fat milk gently to combine. Add salt and pepper and mix further.
- Pour the egg mixture into the muffin tins, about ¾ full. Press the vegetables down with a spoon or a fork as you pour. Sprinkle some parmesan cheese on top.
- Bake in oven for 25 to 30 minutes. Cool for 10 minutes in tins, then using a small knife, remove each frittata onto a cooling rack. Peel off baking paper and serve. They can be eaten hot, cold or at room temperature. As these frittatas are small but filling, you can have one as a snack or two for breakfast.