

Any vegetable Frittata

Serves 3 people: approximate cost £3.50

You will need:

- 200g new potatoes (Quartered)
- 6 eggs
- 40g lower fat cheese
- Salt & pepper
- 1 onion (any diced) this is a standard base but can be left out if not liked.
- Low calorie oil spray

Optional vegetable ideas:

- 1 pepper (any colour)
- 6 mushrooms (Quartered)
- Large handful of Spinach
- 4 spring onions



(This method is based on using onion, peppers, spinach)

- Quarter new potatoes and place in a pan of cold salted water. Bring to the boil then cook for 4-5 mins until slightly tender.
- Slice vegetables of choice eg onion, pepper, and coat with low calorie cooking spray. Place onions into the hot frying pan cook until onion has slight colour and has softened, add the peppers cooking for a further 2-3 minutes.
- Mix the eggs with the low-fat cheese and season with salt and pepper.
- Place potatoes, vegetables, and egg mixture in a lined dish

***** (frying pan can be used but if finishing in the oven please make sure your pan is oven proof- no plastic handle) *****

***** (if using spinach or leafy greens add at this point) *****

- If finishing under the grill- place under a hot grill for 5 mins or until golden and cooked through.
- For oven cooking- place in a pre-heated oven at 180 degrees for approximately 8-10 minutes or until golden and cooked through.
- Can be served with salad, low calorie chips or even on its own as a snack.