



Corn, Pumpkin, Sweet Potato and Spinach Frittata

Ingredients:

- ✎ 4 eggs
- ✎ 1/4 cup low fat milk
- ✎ 1 onion fried (in stray oil)
- ✎ 200g pumpkin, cubed
- ✎ 200g sweet potato, cubed
- ✎ 300g fresh spinach, steamed and wilted
- ✎ 1 can creamed corn
- ✎ 1 Tbs corn flour
- ✎ 1/2 cup low fat cheese, grated

Directions:

1. Pre heat oven to 180 degrees
2. Steam sweet potato and pumpkin until just soft
3. Add spinach and steam for 1 minute until wilted
4. Mix eggs, milk and flour in bowl
5. Add the rest of the ingredients and combine
6. Pour into tart or quiche dish
7. Bake in oven for 35 minutes
8. Sprinkle with cheese and return to oven for 5 minutes (or until eggs cooked and cheese melted)
9. Serve with side salad and/or lean piece of meat.

ENJOY!

You can add any vegetables you like to this frittata.

Try cooking them in muffin tins for a lunch box or party snack.

