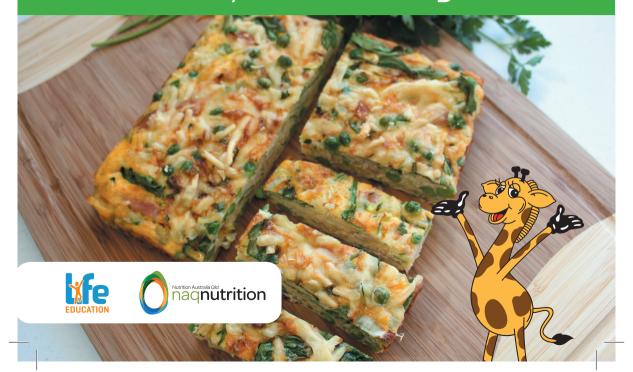
Cheesy Frittata Fingers



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SERVES 12

INGREDIENTS

- · Spray oil
- · 8 eggs
- 1 large brown onion, finely sliced
- 2 handfuls baby spinach (50g) or thawed frozen spinach
- · 1 zucchini, grated
- · ½ cup frozen peas
- 1 cup reduced fat tasty grated cheese
- · ½ cup (75g) shaved ham, diced

METHOD

- 1. Preheat oven to 180°C and lightly spray a 20cm square slice tin with oil.
- 2. Whisk eggs in a large bowl.
- Add onion, spinach, zucchini, peas, cheese and ham.
 Stir to combine.
- 4. Pour egg mixture into the prepared pan and bake in the oven for 30 minutes or until golden.
- 5. Once cooled, slice the frittata in half and then into 12 rectangular finger shapes.



RECIPE NOTES

- These frittata fingers are a perfect choice for lunchboxes or after school snacks.
- Once cooked and sliced, the fingers can be frozen for up to 3 months.
- You can make mini-frittatas in muffin tins, ramekins or small pie dishes.
- Use any mix of vegetables you have available. Try leftover roast vegetables, like pumpkin and potato.
- Add fresh herbs and ground spices for extra flavour.