

# 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.
3. 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.