

Mini Vegetable Frittatas (12 serves)

EQUIPMENT

- Measuring cups and spoons
- Mixing bowl and spoon
- Chopping board and knife
- Grater
- Egg beater
- Frying pan
- Muffin pans
- Vegetable peeler

INGREDIENTS

- 2 teaspoons oil
- 1 **onion**, finely chopped
- 1 large carrot, grated
- 1 large zucchini (courgette), grated
- ½ cup drained canned corn
- ¼ cup grated low-fat cheese
- ½ cup wholemeal self raising flour
- ½ teaspoon salt
- 3 eggs, lightly beaten
- ¼ cup oil
- 2 tablespoons sunflower kernels

DIRECTIONS

1. Heat oil in a frypan and saute onion until soft. Place in a large bowl. Add carrot, zucchini, corn, cheese, flour and salt to the bowl.
2. Combine eggs and oil and stir into vegetable mixture.
3. Spoon mixture into lightly greased muffin pans. Sprinkle with kernels and bake in a moderate oven (180oC) for 30 minutes.

TIPS

YOU CAN USE WHATEVER VEGETABLES YOU HAVE HANDY – FOR EXAMPLE, DICED RED CAPSICUM, MUSHROOMS OR SILVERBEET

FEEL FREE TO SPRINKLE YOUR CHOICE OF SEEDS ON TOP. WHY NOT TRY SESAME SEEDS OR LINSEEDS.

THESE MINI VEGETABLE FRITATTAS ARE A GREAT IDEA FOR THE LUNCHBOX.