



# VEGETABLE FRITTATA

## Ingredients:

- 1 COURGETTE
- 1 RED PEPPER
- BABY TOMATOES
- 4 EGGS
- 100ML MILK
- GRATED CHEESE
- PAPRIKA
- SALT & PEPPER

## Method

- CHOP VEGETABLES INTO SMALL CHUNKS (PREFERRED SIZE)
- IN A JUG OR MIXING BOWL, BEAT TOGETHER THE EGGS, MILK, PAPRIKA, SALT & PEPPER UNTIL COMBINED
- GREASE AN OVEN-PROOF PAN OR DISH WITH HALF A TEASPOON OF OIL
- ADD YOUR VEGETABLES TO THE MIXTURE & GENTLY STIR
- POUR YOUR MIXTURE INTO YOUR GREASED DISH
- SPRINKLE A LARGE HANDFUL OF GRATED CHEESE OVER THE TOP
- BAKE IN THE OVEN AT 180C FOR FOR 10-15MINUTES

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## Nutritional Information

**COURGETTE** - A FANTASTIC LOW CALORIE, HIGH WATER CONTENT VEGETABLE WITH USEFUL AMOUNTS OF IMMUNE-SYSTEM BOOSTING VITAMIN C & SIGNIFICANT LEVELS OF POTASSIUM, A KEY TO CONTROLLING BLOOD PRESSURE.

**PEPPERS** - ANOTHER EXCELLENT LOW CALORIE VEGETABLE WITH A STRONG SOURCE OF VITAMIN A & C. ALSO CONTAINS POTASSIUM, FIBRE AND IRON.

**TOMATOES** - GREAT LITTLE BOOST OF VITAMINS C, E, K & B. MINERALS INCLUDING CALCIUM & MAGNESIUM, IMPORTANT FOR A HEALTHY FUNCTIONING BODY.

**EGGS** - A POWERFUL SOURCE OF PROTEIN & VITAMIN D, AN IMPORTANT BUILDING BLOCK FOR BONES, MUSCLES, NAILS, HAIR & SKIN.

**MILK** - BRILLIANT SOURCE OF CALCIUM, KEEPING YOUR BONES AND TEETH HEALTHY AND STRONG.

**CHEESE** - ANOTHER DAIRY PRODUCT PACKED WITH CALCIUM.