

Frittata Fingers

Food Foundations • another NAQ Nutrition program

Ingredients:

Makes 20 fingers

- Spray oil
- 12 eggs
- 1 large brown onion, finely diced
- 100g baby spinach or thawed frozen spinach
- 2 zucchinis, grated
- 1 cup frozen peas
- 1.5 cups grated cheese



Method:

1. Preheat oven to 180°C and lightly spray a 40cm square slice tin with oil.
2. Whisk eggs in a large bowl.
3. Add onion, spinach, zucchini, peas, and cheese. Stir to combine.
4. Pour mixture into the prepared pan and bake in the oven for 30 minutes or until cooked through and golden.
5. Once cooled, slice the frittata in half and then into 20 rectangular finger shapes.

Food Group	Serves provided per frittata finger
Vegetables	0.5 serves
Lean meat and poultry, fish, eggs, tofu, nuts and seeds, legumes/beans	0.6 serves