

HEALTHY COOKING

▶ VEGETARIAN FRITTATA



SERVES 4

INGREDIENTS

- ▶ 6 eggs
- ▶ 4 Tbs water
- ▶ 100g (½ block) of feta
- ▶ 1 whole capsicum (150g), diced
- ▶ 2 zucchinis (240g) cut into half rounds
- ▶ 200g mushrooms, sliced
- ▶ ½ onion, diced
- ▶ 2 cloves garlic, diced
- ▶ 1 Tbs olive oil
- ▶ 1 Tbs fresh parsley, chopped
- ▶ 1 Tbs fresh basil, chopped
- ▶ Lite Seasoner & pepper to taste

Use a pan that can be taken from stove top and put under the grill (no wooden handles etc). To the heated pan add the oil and all of the vegetables, cook until tender. Whisk eggs and water together and add to the pan of vegetables. Crumble the feta on top and sprinkle the fresh herbs, Lite Seasoner and pepper. Cook until the eggs are no longer runny, but not yet set on top, be careful not to burn the bottom. Place pan under a heated grill until the eggs are fully set and the feta begins to brown.

Serve with a salad and the basic salad dressing (find these recipes on our website) - not included in the nutritional analysis.

Each serving:

Protein: 9.3g | Carbohydrate: 5.8g | Oil: 3.7ml