



# CHEESY ZUCCHINI FRITTATA

 **4** Serves  
 **\$1.88** Cost per serve  
 **35 MIN** Total prep & cooking time

 **WHY WE LOVE THIS RECIPE**  
 Milk and cheese are good sources of calcium, potassium and vitamin D.

 **FOOD WASTE TIP**  
 A great way to use up forgotten fridge or freezer vegetables.

## INGREDIENTS



1 tbsp. olive oil



1 onion, diced



1 clove garlic, minced



2 cups zucchini grated



2-3 packed cups spinach



6 eggs



½ cup low fat milk



1 tbsp. mixed herbs



1 tsp. pepper



½ cup reduced fat cheese, grated



## STEPS



Preheat oven to 180°C. Heat oil in large frypan and cook onion and garlic for 2 minutes.



Add the zucchini and cook for an additional 3 minutes, stirring occasionally.



Add spinach and cook until wilted.



Meanwhile, crack the eggs into a mixing bowl.



Add the milk, herbs and pepper into the eggs and whisk it together.



Add the cooked vegetables into a baking dish and pour over egg mixture. Top with cheese. Place baking dish in oven for about 25 minutes or until cooked through.