



# Vegetable frittata

An easy, protein-packed meal that is suitable for breakfast, lunch or dinner!

🕒 Prep time: 20 min 🍴 Serves 4-6

## Ingredients

- 1 red onion, halved & sliced
- 1 large beetroot, washed or peeled & thinly sliced into rounds
- 1 sweet potato, washed or peeled & thinly sliced into rounds
- 2 tablespoons olive oil
- 1 small head of broccoli, broken into florets
- 1 bunch asparagus, woody ends snapped off and ends peeled
- ½ -1 red capsicum, diced
- 200g feta cheese
- heaped ¼ cup fresh herbs, roughly chopped (continental parsley, basil or dill)
- 8-10 eggs, enough to cover ingredients
- ½-1 teaspoon salt
- Pepper to taste

You will need a 28cm heavy-based frypan (or skillet) that can be placed in the oven

## Method

Heat oven to 200°C. Toss onion, beetroot and sweet potato in 1 tablespoon of olive oil to coat. Sauté in remaining olive oil over medium heat for 2-3 minutes. Turn vegetables frequently to brown and cook evenly.

Meanwhile, steam broccoli and asparagus for 2-3 minutes until just cooked. Add broccoli, asparagus and capsicum to frypan and cook for 1-2 minutes.

Spread vegetables into even layer on the bottom of the pan. Crumble feta over evenly. Add herbs.

Whisk eggs with salt and pepper, pour over vegetables and cheese. Tilt pan to ensure eggs are evenly spread over vegetables. If there's not enough egg mix to cover vegetables, beat another 1-2 eggs. Cook for 1-2 minutes until eggs begin to set at edges of pan.

Put pan in oven and bake for 20 minutes, until eggs are set. To check if it's cooked, cut small slit in centre of frittata. If any raw egg is visible, bake for another few minutes.

Remove from oven, cool for 5 minutes. Slice into 4-6 wedges.

## Nutritional information

A well-made frittata is the perfect meal. It's quick to make, packed with protein, is a great way to use leftovers and can be eaten for breakfast, lunch or dinner.

The word frittata comes from the Italian verb 'friggere', which means 'to fry'. As long as you have vegetables, eggs and a good pan, a frittata will be on the table in 40 minutes. This version is vegetarian and gluten free, but the beauty of a frittata is that it's a blank canvas, depending on what you like to eat.

Any vegetables can be used in a frittata, but these are my favourites. Beetroot provides a sweetness to the dish and the red onion adds caramelisation.

Eggs are the perfect protein, rich in vitamins and minerals. The yolk is an excellent source of the carotenoid called lutein, which reduces the risk of age-related macular degeneration of the eye.

People avoid eggs as they're concerned about fat and cholesterol. However, the Heart Foundation states that of the 5g of fat in an egg, none is trans-fat, only 1.5g is saturated fat and the remainder is healthy fat (including omega-3).

The Foundation also says you can eat up to six eggs a week without increasing your risk of heart disease and for most people, eggs have almost no effect on blood cholesterol levels.



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