

Pumpkin, leek and feta mini frittata



Makes 6 serves

Ingredients

- olive or canola oil spray
- 1 leek (white part only), cut lengthways and finely sliced
- 600g pumpkin, peeled and cut into 1cm cubes
- 6 eggs, lightly beaten
- $\frac{3}{4}$ cup low-fat milk
- 95g reduced-fat feta cheese
- $\frac{1}{3}$ cup basil leaves, chopped
- small green salad, to serve

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Spray a 12-hole, $\frac{1}{2}$ -cup capacity muffin pan with oil. Spray a non-stick frying pan with oil and place on medium heat.
3. Add leek to frying pan and cook for 3 minutes, stirring occasionally, until softened.
4. Add pumpkin, spray with oil and stir to coat vegetables. Add $\frac{1}{2}$ cup water, cover pan and steam for 10 minutes until just tender.
5. In a medium sized jug, whisk together eggs and milk; season with black pepper.
6. Remove pumpkin mixture from heat and stir through feta and basil.
7. Place muffin pan on a flat baking tray then spoon pumpkin mixture evenly into 12 holes. Carefully pour over egg mixture to almost fill muffin holes. Bake for 25 minutes, or until firm and golden.
8. Cool in the pan for 5 minutes before turning on a wire rack.
10. Serve warm or cold with a green salad.

Looking for a healthy alternative to sandwiches and wraps for work lunches? Make a batch of these mini frittatas and you are set for a delicious healthy lunch. Do you have some sad looking vegetables in the fridge? Try a different combination of vegetables to create mini frittatas that are tasty and prevent an end of week vegetable dump.

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Nutrition information

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1002 kJ	361 kJ
Protein	14.3 g	5.2 g
Fat, total	13.6 g	4.9 g
— saturated	4.1 g	1.5 g
Carbohydrate	12.8 g	4.6 g
— sugars	10.2 g	3.7 g
Sodium	260.2 mg	93.9 mg
Fibre	5.5 g	2 g

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