

# Family Frittata

No. of Serves: 6



## Ingredients

- Olive oil cooking spray
- 1 large onion, peeled and chopped
- 2 cloves garlic, finely chopped
- 1 tbsp water
- 2 zucchini, grated
- 1 slice or 50g 98% fat free bacon, finely diced
- 1 cup grated reduced fat tasty cheese
- 1 1/2 cups wholemeal self-raising flour
- 7 eggs

## Nutrition Information (per serve)

Energy	1377.5kj (329 calories)
Protein	20g
Total Fat	12.7g
Carbohydrates	30.2g
Saturated Fat	4.9g
Sugars	4.7g
Dietary Fibre	6.5g
Sodium	533.4mg

## Method

1. Preheat oven to 180°C and spray a large baking dish with olive oil.
2. Place onion, garlic and water into a saucepan and cook for 1-2 minutes, or until softened.
3. Pour mixture into baking dish and bake for 60-70 minutes.
4. Stand in dish for 5 minutes and slice into 6-8 square.
5. Serve with green salad or steamed vegetables.

**Note** - to make individual frittatas, spoon mixture into large muffin tins and reduce cooking time to 20 minutes

Courtesy of Dietitians Association of Australia