



Frittata - Serves 2

Ingredients:

- 175g potato, peeled and cut into one inch chunks
- 25g margarine
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 4 celery sticks, chopped
- 1 red pepper, deseeded and chopped
- 225g baby spinach, trimmed and washed
- 4 eggs beaten
- 75g grated half fat cheddar cheese

Method:

1. Cook potato lightly in boiling water for 6-8 minutes or until just tender; drain thoroughly
2. Melt the margarine with the oil in a large non-stick frying pan.
3. Add the onion, celery and red pepper and fry for 5-6 minutes, until soft and slightly browned.
4. Add the spinach and cook for a further 2-3 minutes, until wilted, then stir in the partially cooked potato.
5. Season the beaten eggs with salt and pepper, and then pour over the vegetables in the pan - cook over a medium heat for about 5 minutes until the base is set.
6. Sprinkle the cheese on top of the frittata and place under a preheated grill for 2-3 minutes until the cheese is melted and top is set and golden brown
7. Serve hot or warm with crusty bread and a crisp salad.

Alternatives

- Use any vegetables you have in your fridge including carrot, celery, courgettes, spring onions or watercress.
- Use parmesan, mozzarella or edam rather than cheddar for a different taste
- For a 'Mini Frittata' cook some mixed frozen vegetables with the potatoes, divide into muffin tray, sprinkle with cheese, pour over beaten egg and put in the oven for 10mins.

Did you know ?

Eggs are packed with protein and are a source of vitamin A. this helps keep our eyes healthy.

Cheese is a dairy product and is high in calcium. Calcium helps to keep our bones strong. Cheese is high in saturated fat so don't eat too much, or choose low fat options

There are many health benefits from eating a vegetarian diet. They are lower in fat than meat. Foods such as grains, vegetables, bean, fruit and pasta are cheaper to buy than meat. It is important to have a variety of different vegetables, grains beans and pulses (i.e. lentils) to make sure you get all the nutrients you need. Vegetables contain many essential nutrients needed to protect us from disease.

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