

Dinner

RECIPE CARD

Cheesy Sweet Potato Frittata (Serves 6)

RECIPE NAME

Dinner

MEAL TIME

5 minutes

PREP TIME

30 minutes

TIME TO COOK

A good wholesome meal
without the calories!

NOTES

Approx. 351kcal
per serving

CALORIES

INGREDIENTS

- ★ 1 Red Pepper, *seeded and chopped into 2cm pieces*
- ★ 1 medium-size sweet potato, *chopped into 2cm pieces*
- ★ 60g baby Spinach leaves
- ★ 6 free-range Eggs
- ★ 2 cloves Garlic
- ★ 125ml Semi-Skimmed Milk
- ★ 115g grated Cheddar Cheese
- ★ 1 small onion, *chopped into 2cm pieces*
- ★ Olive Oil for frying

METHOD



Preheat oven to 170 C / Gas 3.



Heat a small amount of olive oil in a frying pan.



Saute the onion and the sweet potato. Mix together the sauteed onion, sweet potato, red pepper, spinach and garlic in a quiche dish.



In a measuring jug, combine the eggs, milk and cheese.



Pour over the vegetables and bake for 25-30 minutes.