The simplest way
...to create a simple spring meal.

This easy and delicious vegetable frittata can be enjoyed hot for dinner, with leftovers served cold in kids’ lunch boxes!

Ingredients (serves 4)
- 1/3 cup pasta (penne/bow ties/risoni)
- 100g mushrooms, sliced
- 1 medium onion, chopped
- 1 tbsp olive oil
- 1 medium tomato, chopped
- 6 eggs, whisked
- 1 medium zucchini, sliced thinly
- 2 tbsp parsley

Method
- Preheat oven to 180°C. Grease 20cm cake pan.
- Boil pasta in water until tender. Drain.
- Heat oil in large frying pan, cook onion, zucchini and mushrooms until just tender.
- Combine all ingredients in large bowl. Mix well.
- Pour mixture into prepared pan, bake for 45min.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

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