



FOOD FOR ALL
SWAN HILL REGION

Baked vegetable frittata

seasonal recipes | **summer/autumn**

ingredients

- 1 tablespoon of olive oil
 - 2 large onions
 - 2 cloves of garlic
 - 400g of mushrooms
 - 4 tomatoes
 - 1 large zucchini
 - 8 eggs
 - 3/4 cup of milk
- 3/4 cup of parmesan cheese
 - Pepper
- **Tip:** Finely chop up any veggies that you may have lying around and add them with the tomatoes and mushrooms!
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method

1. Pre-heat the oven to 200C fan forced.
2. Line a 5cm deep, 20x 26cm baking dish with non stick baking paper.
3. Chop up the onions, tomato and any other vegetables you wish to use.
4. Grate the zucchini and squeeze out any excess water.
5. Heat the oil in a frying pan over a high heat Add the onion and garlic and fry off until soft and translucent.
6. Using a large bowl, whisk the milk and eggs. Add the parmesan, mushroom, onion, zucchini and continue to stir. Season with pepper to taste.
7. Pour the mixture over the dish. Add the tomato and any other vegetables you may be using on top.
8. Bake frittata for approx 20-25 minutes or until golden.

Serves 4

Recipe adapted from www.taste.com