

Holiday lunch frittata



Things you need:

Ingredients:

- 8 eggs
- 3 basil leaves or parsley
- 2 tbs olive oil
- 1 cup fresh corn
- ½ cup chopped zucchini
- 1/3 cup onions
- 5 halved cherry tomatoes
- ½ cup shredded cheddar

Equipment:

- Medium bowl
- Large non-stick pan
- Wooden spoon
- Measuring cups
- Makes 4 kid's servings



1 Pre-heat oven grill to 180 degrees C or medium heat. In a medium sized bowl combine eggs and basil. Set this aside.



2 Heat the oil in a large non-stick pan. Add corn, zucchini, and onions. Cook and stir for 3 minutes. Add tomatoes. Cook until veggies are tender but still crisp.



3 Pour egg mixture carefully over vegetables in the pan. Cook over medium heat.



4 Sprinkle with cheese. Place the pan under oven grill for 1-2 minutes or until cheese is golden brown.



5 Serve straight away. This recipe will feed 4 hungry kids.

