



Roast pumpkin frittata



Serves 6

Ingredients

- 250g pumpkin
- Extra virgin olive oil
- 6 eggs
- ¼ cup milk
- 3 spring onions, finely chopped
- ¼ cup parsley, finely chopped
- ½ cup reduced-fat cheese, grated
- 100g reduced-fat feta cheese, crumbled
- 2 tbsp. extra grated cheese



Method

1. Preheat oven to 180°C.
2. Peel and chop pumpkin into 2cm pieces and place on a lined baking tray. Lightly drizzle with olive oil. Roast for 30 minutes.
3. In a bowl, whisk together eggs and milk. Stir in onion, parsley, grated cheese and crumbled feta.
4. Evenly place pieces of roasted pumpkin on the base of a greased baking dish.
5. Pour egg mixture over the pumpkin and sprinkle with extra cheese.
6. Bake for 30 minutes or until set.