

A Selph Recipe: Frittata or Oven Baked Eggs

Ingredients:

6-8 Eggs
1/2 cup of preferred milk
Veggies of choice
Cheese if desired
Parsley and/or chives

Method:

Preheat oven to 200°C
Place all veggies in a baking dish (One large dish or in smaller muffin tins)
Whisk eggs and milk and pour over the veggies
Sprinkle with cheese and herbs
Bake for about 35 minutes until set and golden on top

Some of our favourite combos are:

Green Frittata

Green peas (Thawed and drained)
Leek
Spring Onion
Spinach and/or kale

Pumpkin Frittata

Pumpkin (Roast or steam prior)
Feta cheese
Sun dried tomatoes
Spinach

Potato Frittata

Sweet potato
White potato
(Both cooked first)
Chopped onion
Capsicum
Spinach

