



Tomato and Corn Frittata

Ingredients

100g cherry tomatoes, halved
1 red onion, cut into wedges
2 x 130g cans corn kernels, drained
2 cloves garlic, crushed
4 eggs
3 egg whites
1/3 cup skim milk
1/2 cup reduced-fat cheddar cheese
Rocket or spinach leaves, to serve

Makes 4 serves

Source: Adapted Healthy Food Guide

Method

Step 1: Spray tomatoes with cooking oil. Heat a large (20cm) non-stick frying pan over medium heat. Cook tomatoes, stirring, for 3 minutes. Add onion and corn and cook, stirring, for a further 3 minutes. Stir in garlic. Spray lightly with oil.

Step 2: Whisk together eggs, egg whites and milk. Pour over tomato mixture in pan, tilting pan to evenly cover vegetables. Reduce heat to low. Cook for 4 minutes. Sprinkle cheese over the top.

Step 3: Place pan under a hot grill and cook for a further 3 minutes or until cheese melts and frittata is cooked through. Set aside for 5 minutes before cutting into wedges. Serve with rocket or spinach leaves.

Nutritional Guide - Per Serve

Energy: 841kJ
Protein: 19g
Fat: 9g

Cholesterol: 2.1g
Dietary Fibre: 2.1g
Saturated Fat: 3.8g



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