

# Zucchini Frittata

- 2 ZUCCHINI'S - GRATED
- 4 EGGS
- WHOLEMEAL BREAD CRUMBS ( CAN BE MADE FROM LEFT OVER STALE BREAD)
- GRATED CHEESE

- HEAT OVEN TO 180 DEGREES
- GRATE OR THINLY SLICE ZUCCHINI'S. MAKE SURE ALL WATER IS SQUEEZED FROM THEM.
- WHISK 4 EGGS TOGETHER IN A BOWL.
- ADD ZUCCHINI.
- POUR MIX INTO A BAKING DISH. TOP WITH GRATED CHEESE AND BREADCRUMBS.
- BAKE FOR 20-25 MINUTES OR UNTIL CHEESE HAS BROWNED AND THE CENTRE OF THE FRITTATA IS COOKED.

## NUTRITION INFORMATION

- 1.COMPLEX CARBOHYDRATE = WHOLEMEAL BREADCRUMBS
2. PROTEIN = EGG
- 3.HEALTHY FAT = CHEESE
- 4.MICRONUTRIENTS = ZUCCHINI

