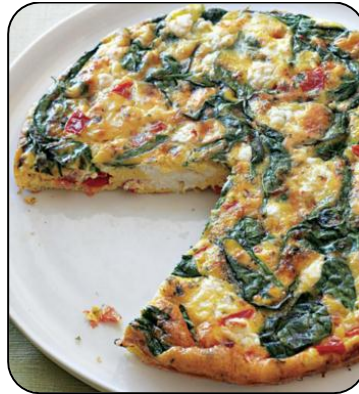


Spinach, Red Onion & Feta Frittata

Serves 4



Ingredients

1	small red onion
½	red pepper or orange or green or yellow
100g	fresh spinach
1 tsp – 1tbsp	olive or vegetable oil
4	large free range eggs
75g	crumbled feta cheese
pinch	freshly ground black pepper
pinch	salt



Keighley Healthy Living

How to make this recipe

- Peel and finely slice the onion, slice the red pepper.
- Preheat a large frying pan to high.
- Pour enough oil into a small 7 to 8 inch ovenproof non-stick frying pan to very lightly coat the bottom (about 1 tsp) and put over a medium heat.
- Add the onion and pepper and fry until softened and just starting to brown.
- Add the spinach to the onion and stir it through the onions for 1 minute. Now, remove the pan from the heat and allow the vegetables to cool slightly.
- Beat the 4 eggs in a bowl.
- Add the eggs to the cooled spinach and red onion, followed by the feta and a good pinch of pepper.
- Put your pan back on a medium heat.
- Stir around gently with a spatula until you feel the egg start to set at the bottom, then straight away, turn the heat off so the frittata stays half cooked and quite runny.
- Carefully place your frying pan under the grill for 2 to 3 minutes, or until the frittata is golden and cooked through (check it is cooked by opening up the centre with a fork and seeing it's not runny.)
- Put a plate over the pan and turn over quickly but carefully – the frittata should come out easily, if not give it a hand with your spatula

Serve: Sprinkled with fresh parsley, or another herb you enjoy.

Make a main meal by: Serving with salad, for example, quartered cherry tomatoes, cubes of cucumber and some watercress or rocket leaves.

Make a main meal by: Serving with some boiled new potatoes or a wholemeal bread roll.

Vary this recipe: You can substitute an equal amount of other cooked vegetables for the spinach. Try mushrooms, peppers or another vegetable you like.

Some Health Points: Remember, keep your use of vegetable oil in cooking to a minimum!

