



CookSmart

with Allyson Gofton

FRITATTA



Cancer
Society



LiveSmart



NEW WORLD

WORKING TOGETHER FOR A HEALTHIER YOU

FRITTATA

Most café bars offer frittata on the menu, a thick Mediterranean-inspired omelette cooked with lots of seasonal vegetables. This recipe can be varied with whatever you have on hand, though pumpkin adds a delicious sweetness to a frittata.

Ingredients:

600 grams pumpkin, peeled
1 onion, peeled and finely diced
1 1/2 cup corn kernels (fresh, canned or frozen)
1/4 cup chopped parsley
6 eggs, lightly beaten
1 cup light milk
340 gram can asparagus spears, drained
1/2 cup grated Parmesan cheese

Method:

1. Cut the pumpkin into 2cm cubes and cook in a dash of oil in a hot non-stick frying pan for 3-5 minutes until the pumpkin browns. Add the onion and continue cooking until the pumpkin is about half cooked and the onion browned. Arrange the ingredients evenly in a pan.
2. Mix together the corn, parsley, eggs and milk. Season with pepper. Pour over the cooked pumpkin. Arrange the asparagus spears on top and sprinkle over the Parmesan cheese.
3. Bake in the oven at 180°C for 45 minutes until set. Allow to rest in the pan for 10 minutes before serving with your favourite green salad.



Serves: 4

Ready In: 20 minutes

Look out for tips and recipes using fruit and veg in store or visit www.livesmart.org.nz for more easy ways to eat smart, move smart and get trim



Cancer Society



NEW WORLD

WORKING TOGETHER FOR A HEALTHIER YOU