

COURGETTE AND MUSHROOM FRITTATA



Prep Time	Cook Time	Total Time	Servings
15	15	30	4



Ingredients:

- 1 medium courgette
- 1 tablespoon chopped shallot
- 1 medium red or green pepper
- 40g chopped white mushrooms
- 4 large eggs
- 60ml milk
- 1 teaspoon oregano, dried
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper, ground
- 110g crumbled feta cheese

Instructions

1. Preheat grill. Slice courgette in half lengthwise, then slice thin half moon shapes. Slice shallots and dice bell pepper.
2. Spray a medium-sized, oven-proof frying pan with cooking spray and place over medium heat. Once heated, add zucchini, mushrooms and shallot. Cook until soft; approximately 5 minutes.
3. Whisk eggs together with milk, in a small mixing bowl. Pour into the frying pan with the sautéed vegetables; add oregano, salt and pepper. Sprinkle with feta cheese.
4. Continue to cook until the edges begin to crisp. Remove from stovetop and place frying pan under the grill until the top browns. Remove; cut into squares. Serve warm.

Calories	Carbohydrates	Protein	Fat	Saturated Fat	Cholesterol	Salt	Sugar
280kcal	33g	13g	12g	6g	213mg	642mg	19g