



Niki's Leek, Mushroom & Spinach Frittata Recipe

Serves 4 Prep 10 mins Cooking Time 25 mins

Ingredients

1 1/2 tbs extra virgin olive oil
1 large leek, thinly sliced
4 garlic cloves, crushed
100g (3.5oz) mushrooms, thinly sliced
120g (4.2oz) baby spinach, wilted and chopped
1/2 cup grated tasty cheese
6 egg whites + 2 whole eggs, lightly beaten
2 tbs grated parmesan cheese

Method

Preheat oven 180°C, 350° F or Gas 4. Heat a large frypan on a medium heat and add oil. Add sliced leeks, garlic and mushrooms and saute for about 5 minutes or until they are just soft. Whilst the vegetables are softening, pour some boiling water over the baby spinach to wilt it, cool slightly, squeeze out water and chop. Place spinach into a large bowl, add the softened vegetables, eggs and tasty cheese. Salt and pepper, to taste and combine well. Spoon or pour into 4 pie dishes or ramekins. Sprinkle with grated parmesan and place in the preheated oven for about 25 minutes or until lightly brown and set.

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Tips

You can use more eggs if you require more protein and use ricotta or feta cheese for a slightly different taste and lower fat.

Nutritional Note

Baby Spinach is very low in calories, rich in vitamins A, C, K, folate and calcium. Spinach also contains flavonoids and beta-carotene that are important in maintaining health and preventing disease. It is great eaten raw in salads or cooked in a variety of dishes.