



Niki's Zucchini & Bacon Frittata Recipe

Serves 4-6 Prep 20 mins Cooking Time 30 mins

Ingredients

100g lean bacon, finely chopped
200g zucchini, grated, excess juice squeezed out
1/2 cup (8tbs) grated tasty cheese
1/2 cup (8tbs) red onion, peeled and finely chopped
6 free range eggs (large size, about 60g each)
1/2 cup (8tbs) cream
1 tsp chicken powdered stock

Bakeware

Non Stick Slice Baking Tray 18x28cm, greased and lined with baking paper

Method

1. Preheat oven to 180° C, 350° F or Gas mark 4.
2. In a large bowl whisk together the eggs, powdered stock and cream.
3. Add remaining ingredients, season with salt and pepper and mix thoroughly.
4. Pour mixture evenly into prepared baking tin and bake for about 30 minutes. Frittata should be set and lightly browned. Slice and serve hot or cold.

THE GREATEST WEALTH IS HEALTH so feed your body for Health and Wellbeing everyday !

To achieve success in all areas of our lives we need to nourish our bodies with quality fresh food. We need to understand what food is made of and how making better choices every day will allow us to feel and look our best. If you want to be the best you can start today and make better choices.