

# Eat a Rainbow Recipes

## GREEN

### Mini Zucchini Frittatas

Makes 12 mini frittatas

#### Ingredients:

3 eggs

½ zucchini

½ cup reduced fat grated cheese

½ cup reduced fat milk

#### Equipment:

Grater

Chopping board

whisk

Rubber scraper

Oven mitts

Large mixing bowl

Non-stick muffin tray

#### Method:

1. Preheat oven to 190°C.
2. Crack eggs into large bowl, add cheese and milk. Whisk well.
3. Grate zucchini, add to bowl, then stir.
4. Add spoonfuls of mixture into non-stick minimuffin tray.
5. Cook for 8 to 15 minutes or until cooked through.

#### Variation:

Add grated carrot, or some chopped lean ham and chives for extra flavour.

