

The **co-operative** has simple and healthy recipes for busy parents that the kids will love and take no time to make.



## Mini Frittatas

Makes 12 Prep 10 mins Cook 15 mins

### Ingredients:

- Spray olive oil
- 50g spring onions, sliced
- 200g courgettes, diced
- 100g red pepper, chopped
- 1tsp dried oregano
- 100g frozen peas, defrosted
- 100g cooked ham, in strips
- 8 The Co-operative large British free-range eggs
- 100g The Co-operative reduced-fat mature white cheese, finely grated
- A pinch of black pepper

1. Heat oven to 200°C/Gas 6. Grease a non-stick 12-hole muffin tray or 12 flexible muffin moulds with a few sprays of oil.
2. Lightly spray a large frying pan with spray oil, heat, then add the onion, courgette, red pepper and oregano. Fry for a few minutes until tender and golden. Stir in the peas and ham. Cool.
3. Meanwhile, break the eggs into a jug, whisk and stir in the cheese. Season with pepper.
4. Divide the veg mixture between the muffin holes and pour the egg and cheese mixture on top.
5. Bake for 15 mins until puffed golden and set. Leave to cool slightly then pop out of the tray/mould.

For more healthy recipes go to [www.co-operative.coop/food/health1/healthy-recipes](http://www.co-operative.coop/food/health1/healthy-recipes)

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approx per Frittata				
Calories	Fat	Saturates	Sugars	Salt
<b>110</b>	7.0g	1.9g	1.1g	0.5g
	Med	Med	Low	Med
Makes 12	10%	9%	1%	8%
of your guideline daily amount				

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