**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**HEALTHY LIVING**

**OVEN BAKED FRITTATA**

Here is an easy recipe for you to try. It makes a healthy lunch or dinner. You can eat it hot with fresh vegetables or cold with a salad.

Ingredients

100g mushrooms sliced

½ red pepper chopped

Small can of new potatoes, drained and cut in half

2 spring onions chopped or ½ regular onion chopped

6 eggs beaten

50g reduced fat cheddar cheese

Some chopped herbs

Method

1. Preheat the oven to Gas Mark 6, 200°C or fan 180°C.
2. Grease an oven dish to stop the frittata from sticking.
3. Put the chopped mushrooms, pepper, potato and spring onions into the oven dish.
4. Crack the eggs into a bowl and whisk them together.
5. Whisk the eggs.
6. Pour the egg mixture over the vegetables and grate the cheese over the top.
7. Put the frittata in the oven to bake for 30 to 35 minutes until it’s piping hot throughout.
8. Serve with salad or as a light meal with vegetables.