

Individual Silverbeet Frittatas

Preparation time: 40 mins

Serves: 6 people

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Ingredients

- 1 bunch silverbeet
- 400g reduced fat fresh ricotta
- 100g reduced fat feta
- 5 eggs
- 1/3 cup chopped low fat semi dried tomatoes
- 1 tbsp chopped dill
- 2 tsp finely grated lemon rind
- 2 garlic cloves, crushed

Method

Preheat the oven to 180C. Line 6 large muffin cups with non-stick baking paper. Pull the green leafy part from the silverbeet stems. Wash and shake dry, then microwave or saute until wilted. Cool, squeeze out the water, and chop. Mix the ricotta, feta and eggs with electric beaters. Stir in the remaining ingredients. Divide between the muffin tins, and bake for 30 minutes. Serve at room temperature.

Notes

You could replace the silverbeet with 100g of your favourite vegetables such as red capsicum, asparagus or corn for even more versatility! Why not trying these frittatas as a scrumptious and convenient picnic treat?