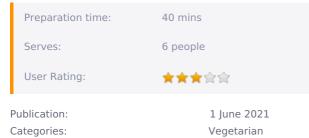
# **Individual Silverbeet Frittatas**



Packing a picnic lunch? These individual frittatas will be the highlight of any picnic gathering, great for sharing with family and friends and super easy to transport without a mess!

Even better, you can choose your own filling - the only limit to your imagination is what's in your fridge or pantry.







### Ingredients

- 1 bunch silverbeet
- 400g reduced-fat fresh ricotta
- 100g reduced-fat fetta
- 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**

- 1. Preheat the oven to 180C. Line 6 large muffin cups with non-stick baking paper.
- 2. 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.
- 3. Mix the ricotta, fetta and eggs with electric beaters. Stir in the remaining ingredients.
- 4. 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?

## **Nutritional Information**



All nutrition values are per serve.