

Healthy Lentil and Feta Frittata



Preparation time: 35 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 6 December 2019

Categories: Dinner Recipes, Lunch Recipes, Vegetarian

If you're looking for a one pan wonder, you don't need to look any further than here! This delicious and healthy one pan lentil and feta frittata is your answer to the perfect midweek meal the whole family will enjoy.



Ingredients

- 8 eggs
- 1/2 cup low fat milk
- 1 tablespoon olive oil
- 1 brown onion, thinly sliced
- 400g can lentils, rinsed, drained
- 310g jar roasted capsicum strips, drained (about 2/3 cup)
- 100g feta, crumbled
- 2 tablespoons chives, chopped, plus extra to serve

Tomato Salad

- ## Method

- ## Nutritional Information

All nutrition values are per serve.