

## Vegetable and Ricotta Frittata

### Ingredients

- 2 eggs
- 1 tablespoon milk
- 1 tablespoon cottage cheese
- 1/3 capsicum
- Wedge of pumpkin
- 1/4 red onion
- 1 sprig parsley
- Oil spray

### Method

1. Preheat the oven to 190°.
2. Slice the red onion thinly and dice the capsicum and pumpkin.
3. Crack the eggs into a bowl and add a dash of milk - whisk with a fork.
4. Put the pumpkin in the oven for 20 minutes or until cooked.
5. Spray the muffin tin with cooking oil and add a small amount of each vegetable into the muffin tin wells.
6. Pour the egg mix over the vegetables so the muffin tin wells are 3/4 full.
7. Put 1 teaspoon of cottage cheese on top of each frittata.
8. Change the oven temperature to 180° and place the muffin tray on the middle rack.
9. Bake for 20 minutes until they are set in the middle. You can test they are cooked by putting a skewer or knife in the middle, which should come out dry.