

Flying Fish Frittata

Traffic light category: **Green**

Serves: 12

Ingredients

- Cooking spray
- 4 sheets mountain bread
- 4 eggs
- 1 red capsicum, diced
- 1 cup baby spinach, shredded
- 200g tin creamed corn
- ½ teaspoon dried dill
- 1 cup reduced fat cheese, grated
- 410g tin tuna in spring water or pink salmon, drained
- Extra reduced fat cheese for topping

Method

1. Preheat oven to 180°C, spray muffin tin lightly with olive oil spray
2. Cut each mountain bread sheet into four squares and push into muffin holes
3. Whisk eggs in a large bowl
4. Add capsicum, spinach, creamed corn, dill and cheese and stir to combine
5. Gently stir through tuna or salmon
6. Spoon mixture evenly into prepared muffin trays
7. Sprinkle with grated cheese
8. Bake for 15 minutes or until set and golden on top.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	547kJ	506.6kJ
Protein	12.2g	11.3g
Total fat	5.0g	4.7g
Saturated fat	2.2g	2.1g
Carbohydrate	8.2g	7.6g
Sugars	2.1g	2.1g
Dietary fibre	1.8g	1.6g
Sodium	171mg	159mg



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