



Butternut Frittata

Makes 8-10 Child Sized Portions

Preparation time: 15 minutes

Cooking time: 65 minutes

Preheat oven to 400°F (200°C)

Common allergens: dairy, eggs

Nutrition Information

Energy	209 calories
Total Fat	12 g
Saturated Fat	7 g
Sodium	342 mg
Carbohydrate	15 g
Fibre	2 g
Protein	12 g

Equipment List

- Cutting board
- Knife
- Vegetable peeler
- Baking sheet
- Parchment paper/cooking spray
- 9-inch baking dish (2.5 L)
- Whisk
- Cheese grater
- Measuring cups
- Measuring spoons
- Stirring spoons

What You Need

INGREDIENTS	AMOUNTS	METRIC
Butternut squash, peeled (can be supplemented for zucchini, yams, peppers or any other type of squash)	2 lbs.	900 g
Rosemary (fresh), chopped Or dried rosemary	½ tsp 1 tbsp.	15 mL 2 mL
Thyme (fresh) Or dried thyme	½ tsp 1 tbsp.	15 mL 2 mL
Un-ripened goat cheese, crumbled or grated cheddar cheese	1 ½ cups	375 mL
Eggs	6	6
Water	¼ cup	60 mL
Salt	½ tsp	2 mL
Pepper	¼ tsp	1 mL
Nutmeg	Pinch	

Recipe taken from Heart Smart, The Best of HeartSmart Cooking (2006)



Instructions

1. Cut squash into 1-inch chunks (you should have about 4 cups/1 L). Sprinkle half with rosemary and thyme. Spread on baking sheet lined with parchment paper. If you do not have parchment paper, spray baking sheet with cooking spray. Roast in oven for about 30 minutes, or until lightly browned and tender. Cool. Turn oven down to 350°F (180°C).
2. Place squash in a lightly oiled 9-inch (2.5 L) square baking dish, sprinkle cheese over top.
3. Beat eggs with water, salt, pepper, remaining rosemary and thyme and nutmeg. Pour over squash.
4. Place baking dish on a baking sheet in the preheated oven, 350°F (180°C) for 30 to 35 minutes, or until centre is just firm. Let stand 10 minutes before serving

