Low FODMAP frittata

Preparation time

10-15 minutes

Cooking time

20-25 minutes

Serves

4

Recipe courtesy of

Joanna Baker, Accredited Practising Dietitian (APD), on behalf of the Dietitians Australia Adverse Food Reactions Interest Group.



Ingredients Method Nutrition

2 cups jap pumpkin, washed and cubed

2 cups potato, washed and cubed

1 tbsp garlic infused olive oil

1/2 cup green leek tips thinly sliced (discard the white ends)

6 eggs

1/2 cup lactose free milk (reduced fat)

2 cups baby spinach leaves, washed

1/2 cup black olives, sliced

1/4 cup parmesan, grated

1-2 slices low FODMAP bread (to serve)

1. Preheat oven to 180°C.
2. Toss pumpkin and potato in a teaspoon of garlic-infused olive oil. Grill on a lined oven tray for 10 minutes or until just soft.
3. Heat remaining oil in a pan and cook leek for 3-4 minutes, add spinach and cook for a further 1-2 minutes until it begins to wilt.
4. Grease an oven-proof dish with a thin layer of olive oil and add leek tips, spinach, pumpkin and potato.
5. Whisk together the eggs and milk and pour over the vegetables. Top with black olives and parmesan cheese.
6. Bake for 20-25 minutes or until just set. Serve frittata with 1 or 2 slices of low-FODMAP toast.

Nutritional information is provided per serve

Engery	1294.92kJ
Protein	18.25g
Saturated Fat	4.56g
Total Fat	16.95g
Carbohydrates	18.64g
Sugars	6.49g
Dietary Fibre	4.21g
Sodium	489.49mg