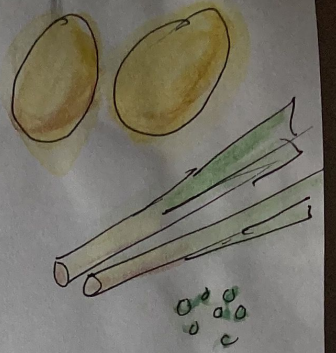


# Vegetable Frittata.

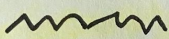


You will need : Six eggs.  
a handful of cheese.  
a splash of milk.  
a dish of cooked vegetables.  
eg potato, red pepper, broccoli, peas.  
Salt, pepper and any herbs that you like.



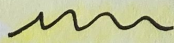
To make

- ① Crack the eggs into a bowl, beat with a fork.
- ② Add the splash of milk.
- ③ Add the cheese and cooked vegetables.
- ④ Add a pinch of salt, pepper and herbs.



To cook

- ① Pre-heat oven to 190°C or gas mark 5.
- ② Find a baking dish about the size of this paper.
- ③ Grease the dish with a little oil.
- ④ Pour the mixture into the dish.
- ⑤ Place in the oven for about 25 minutes.
- ⑥ When it is golden and springy it is ready.



Eggs are really good for us to eat.

They are full of vitamins, minerals and proteins.

There are so many ways to cook eggs.

Find some recipes that you like and practice cooking them. Then experiment and make your own.