

# HEALTHY SWEET POTATO

## FRITTATA RECIPE

☰ Prep: 10 mins  
🕒 Cook: 15 mins  
🍴 Servings: 4  
★ ★ ★ ★ ★

### Ingredients

- ▲ 250 g sweet potato, sliced
- ▲ 250 g potato, sliced
- ▲ 1 tsp olive oil
- ▲ 1 onion, thinly sliced
- ▲ 2 cups baby spinach leaves
- ▲ 3 eggs, beaten
- ▲ 2 tbs Parmesan cheese, grated
- ▲ 1/4 tsp ground nutmeg

## Method

1. Preheat grill.
2. Boil potato for 4-5 minutes until tender, or microwave on HIGH (100%) in a covered dish with 1 tablespoon water for 5-6 minutes, stirring after 3 minutes. Drain well.
3. Heat oil in a non-stick frypan, add onion and cook for 2 minutes until golden. Add potato, toss to combine and brown.
4. Stir in spinach and stir-fry until wilted and moisture has evaporated.
5. Mix eggs, cheese and nutmeg in a small bowl and pour into pan. Cook over low heat until set.
6. Place under hot grill for 2 minutes to brown the top.

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**Variation:** Try finely shredded chinese cabbage instead of spinach

**Serving Suggestion:** Serve hot or cold. Cut into wedges and serve with a salad for a light lunch For a special breakfast dish serve with grilled tomatoes and crunchy wholemeal toast

## Nutrition Information

	per serving	per 100g
<b>Energy</b>	1505 kJ	664 kJ
	360 Cal	159 Cal
<b>Protein</b>	21.6 g	9.5 g
<b>Fat, total</b>	23.6 g	10.4 g
— saturated	9 g	4 g
<b>Carbohydrate</b>	14 g	6.2 g
— sugars	2.9 g	1.3 g
<b>Sodium</b>	267.6 mg	118.1 mg
<b>Fibre</b>	2.2 g	0.9 g