Healthy bacon and vegetable frittata

If you're running short of time but still want to make a nutritious dinner for the family, this healthy bacon and vegetable frittata will save the day. It's packed full of goodness and will be on the table and ready to eat in 20 minutes.

serves: 4 | prep: 0:05 | cook 0:15





ingredients

* oil spray
* 125g bacon, chopped
* 1 medium leek, roughly chopped
* 2 large tomatoes, roughly chopped
* 50g spinach, chopped
* 6 eggs, lightly beaten
* 2 egg whites, lightly beaten
* 1 small avocado, chopped
* fresh parsley to serve

method

1. Heat a medium non-stick frying pan over a medium heat, spray with oil and add bacon and leeks.
2. Cook for 5 minutes, stirring, until leeks have softened.
3. Add tomatoes and chopped spinach and cook a further 2-3 minutes, or until everything is soft and well mixed.
4. Lightly spray around the top of the frying pan with oil to ensure eggs don’t stick. Gently whisk the eggs and egg whites together, season with salt and pepper, and add to the pan.
5. Top with chopped avocado and cook for 5 minutes or until almost set.
6. Cover with a lid and cook for a further 2-3 minutes or until the frittata is set in the middle.

Serve with a sprinkle of fresh parsley and a big side salad.