

# Vegetable Quinoa Frittata

Breakfast, brunch, lunch or dinner you chose.....

## *Ingredients*

- ½ cup quinoa prepare as you normally would or 1 ½ cups cooked quinoa(this would be me utilizing leftovers)☺
- 1 tbsp olive oil
- 2 cups chopped spinach
- 1/2 cup finely chopped onion
- 1 cup cremini mushrooms - sliced
- 6 eggs
- 1/2 cup milk
- [sea salt](#) & pepper to taste.
- Mixed greens (salad)

## *Directions*

1. Preheat oven to 180°C. Line square cake pan with parchment paper, allowing the 2 long sides to overhang.
  2. Heat oil in a large frying pan over medium-high heat. Stir-fry mushrooms & onions for 3 minutes or until soft. Add spinach & cooked quinoa, allow to wilt 1-2 minutes. Transfer to the prepared pan.
  3. Whisk eggs and milk in a bowl until combined. Season with salt and pepper. Pour over the vegetables. Bake for 25-30 minutes or until set and light golden.
  4. Set aside for 10 minutes to cool slightly. Serve with salad leaves
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## Tips and Twists:

- Rule of thumb for cooking Quinoa 2:1 ratio, 2 liquid:1 quinoa
- Feel free to play with the vegetables to your liking.... One recipe even suggested 500gr of frozen stir fry veggie mix\* that would be a super quick supper ☺
- Wrap it up with your favourite toppings☺
- Play with your herbs, \*\* herbs that pair well with egg are, sage, dill, thyme \*\*
- Spice it up add some cayenne, or cumin or .....

Enjoy ☺