**Roast Tomato Frittata** 

**Serves:** 4  
**Time to make:** 1 hr 10 mins (Hands-on time: 10 mins, Cooking time: 60 mins)  
**Total cost:** $2.99 / $11.98 per serve

* 250g punnet cherry tomatoes
* 3 eggs
* 3 egg whites
* 200g low-fat ricotta
* 1/2 cup extra-light sour cream
* 2 tablespoons chopped fresh oregano
* 2 cloves garlic, crushed
* 60g baby rocket leaves, to serve

**Instructions**

**Step 1**

Preheat oven to 200ºC. Spray a 20cm round cake pan with cooking oil. Line base and side with non-stick baking paper. Place tomatoes in pan. Cook in oven for 10 minutes or until slightly collapsed. Reduce oven to 170°C.

**Step 2**

Meanwhile, whisk eggs, egg whites, ricotta, sour cream, oregano and garlic until combined.

**Step 3**

Pour egg mixture over tomatoes and lightly tap pan on bench to spread evenly. Bake for 45 minutes until the frittata is just set. Remove from oven and set aside in pan for 10 minutes.

**Step 4**

Carefully turn out frittata onto a chopping board. Cut into wedges and serve with rocket.

Nutritional information (per serve)

**Kilojoules** 750kJ

**Calories** 179cal

**Protein** 14g

**Total fat** 10g

**Saturated fat** 5g

**Carbohydrates** 10g

**Sugars** 5g

**Dietary fibre** 1g

**Gluten ZERO – Gluten Free**

http://www.healthyfoodguide.com.au/recipes/2009/november/roast-tomato-frittata