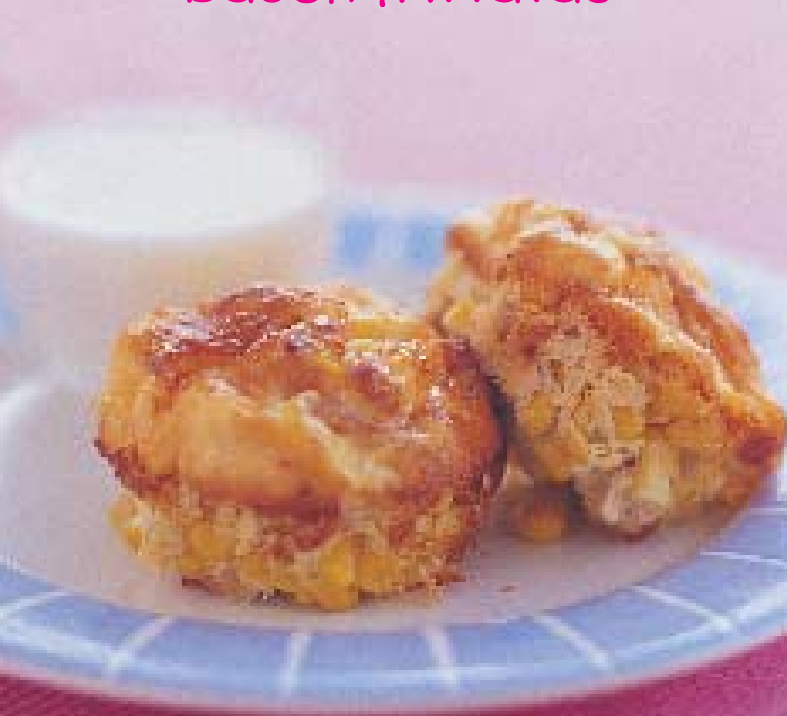


# Fresh for kids™ Little sweetcorn and bacon frittatas



Fresh for Kids™

## Little sweetcorn and bacon frittatas

### Ingredients:

olive oil, for greasing  
4 rashers bacon, trimmed and  
finely chopped  
3 sweetcorn cobs, kernels removed  
1 cup grated reduced fat tasty cheese  
8 eggs  
200ml reduced fat milk  
salt and ground black pepper  
2 tbs olive oil

### Health benefits:

#### Sweetcorn

Sweetcorn is an excellent source of carbohydrate. The type of carbohydrate present has a low glycemic index, which means it is absorbed slowly and will provide a child with sustained energy.

High in fibre and a good source of folate, sweetcorn also contributes some iron to a child's diet.

### Method:

1. Preheat oven to 200°C. Well grease 12 x  $\frac{1}{3}$ -cup muffin pans with oil.
2. Heat a medium non-stick frying pan over medium-high heat. Add bacon and cook, stirring often, for 5 minutes or until just crispy. Remove from heat, add corn kernels and toss until well combined. Set aside to cool.
3. Spoon bacon and sweetcorn mixture into bases of prepared pans. Sprinkle evenly with cheese.
4. Combine eggs, milk and salt and pepper to taste in a jug. Whisk with a fork to combine. Pour egg mixture evenly over sweetcorn mixture in pans. Bake for 15–18 minutes or until golden and cooked through when tested with a skewer. Stand for 10 minutes in pan before turning out onto a wire rack. Serve frittatas warm for dinner or cold in the school lunch box.

**Makes:** 12

**Preparation:** 20 minutes

**Cooking:** 22-25 minutes

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