

Leftover lunch idea **Sweet potato frittata**

- 150 g sweet potato, peeled and cut into 1cm cubes
- 1 red (Spanish) onion, sliced
- 5 eggs
- 2 egg white
- 75 g baby spinach leaves
- ¼ cup hazelnuts, roughly chopped
- ¼ cup reduced fat tasty cheese
- olive oil spray
- 4 cups low GI brown rice, cooked
- 2 tbsp tomato relish



Serves 4:

Preheat an oven grill to high.

Spray a large non-stick frying pan with olive oil spray over medium heat and add the sweet potato and red onion. Cook for 6-8 minutes or until golden and tender.

Whisk the eggs and egg whites together then pour into the pan. Cook over low heat for 5 minutes then sprinkle with spinach leaves and hazelnuts. Continue cooking for 6-8 minutes until surface is nearly set.

Sprinkle the frittata with the cheese and place under the grill until golden and fully set on top.

Serve in wedges with 1 cup of brown rice and 2 teaspoons of tomato relish.



**SNAP A PHOTO
OF THIS RECIPE**
and get cooking
at home.

Why go meat-free at lunch? Cutting back on red and processed meat and eating more plant-based foods can promote kidney health.



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