
Low FODMAP Roasted Vegetable Frittata with Green Beans

Golden roasted vegetables meet fluffy eggs in this satisfying frittata that's perfect for brunch, lunch, or a light dinner. A delicious way to enjoy FODMAP-friendly veggies.

Prep: 15 min

Cook: 40 min

Total: 55 min

Servings: 4

Low FODMAP ✓

Ingredients

large eggs

red bell pepper, cut into strips

zucchini, sliced into half-moons

green beans, trimmed

garlic-infused olive oil

lactose-free milk

grated lactose-free cheddar cheese

dried oregano

salt

freshly ground black pepper

fresh chives or parsley for garnish (optional)

Instructions

Step 1: Prepare and Roast the Vegetables

(25 min)

Preheat your oven to 200°C (400°F). Cut 1 medium red bell pepper into strips, slice 1 medium zucchini into half-moons, and trim 150g of green beans. Toss the vegetables with 2 tablespoons of garlic-infused olive oil, season with salt and pepper, and spread them on a baking sheet in a single layer. Roast for 20-25 minutes until tender and lightly caramelized at the edges, stirring halfway through.

Step 2: Prepare the Egg Mixture

(5 min)

While the vegetables roast, crack 8 large eggs into a large mixing bowl and whisk them thoroughly until well combined and slightly frothy. Add 60ml of lactose-free milk, 50g of grated lactose-free cheddar cheese, 1 teaspoon of dried oregano, and season generously with salt and freshly ground black pepper. Whisk everything together until the mixture is smooth and the cheese is evenly distributed.

Step 3: Combine and Start Cooking

(5 min)

Heat 1 tablespoon of garlic-infused olive oil in a 25cm oven-safe skillet over medium heat. Once the roasted vegetables are done, add them to the skillet and spread them evenly across the bottom. Pour the egg mixture over the vegetables, gently tilting the pan to ensure the eggs flow into all the gaps. Let it cook undisturbed for 4-5 minutes until the edges begin to set and pull away slightly from the sides.

Step 4: Finish in the Oven

(15 min)

Transfer the skillet to your preheated oven and bake for 12-15 minutes, until the frittata is puffed, golden on top, and just set in the center. It should still have a slight jiggle when you gently shake the pan, as it will continue cooking from residual heat. The top should be lightly browned and the eggs fully cooked through.

Step 5: Rest and Serve

(5 min)

Remove the frittata from the oven and let it rest in the pan for 5 minutes before slicing. This resting time allows the eggs to finish setting and makes slicing much easier. Run a spatula around the edges to loosen, then cut into wedges. Garnish with fresh herbs like chives or parsley if desired, and serve warm or at room temperature.