

Cottage cheese & green vegetable frittata

High in protein, easy to batch-prepare, ready when you are.

A simple, protein-rich frittata packed with greens - no pastry or cream needed. Make it once and enjoy it warm or cold over the next couple of days, for breakfast, lunch or a light dinner.

MAKES 4 PORTIONS · PREP 10 MINS · BAKE 25-35 MINS

Vegetarian · Naturally gluten-free (check labels) · Batch-prepare friendly

Ingredients

Ingredient	Amount
Medium eggs	8
Plain cottage cheese	200 g
Spring onions, finely sliced	65 g
Frozen spinach, thawed and squeezed dry	65 g
Frozen peas, thawed and patted dry	65 g
Dried oregano	2 tsp (or up to 1 tbsp if you love it)
Black pepper, and a small pinch of salt if needed	To taste
Optional: extra virgin olive oil for greasing, if not lining the dish	A little

Method

- 1

Heat the oven and line the dish

Preheat the oven to 180°C fan (200°C conventional). Line an ovenproof dish (about 20-23 cm square) with baking parchment. Only use dishes that are rated oven-safe.
- 2

Dry the veg

Squeeze as much liquid as you can out of the thawed spinach, and pat the peas dry. This stops the frittata turning watery.
- 3

Mix the base

Whisk the eggs in a large bowl. Stir in the cottage cheese, leaving a little texture.
- 4

Add the greens

Fold in the spring onions, spinach, peas and oregano. Season with black pepper. Cottage cheese is already a little salty, so taste before adding any salt.

5

Bake

Pour into the dish and bake for 25-35 minutes, until golden and set in the centre. A knife pushed into the middle should come out clean, not wet or runny. A deeper dish takes longer.

6

Cool and portion

Cool for 10 minutes, then lift out and cut into four generous portions. Enjoy warm, or cool promptly to store.

TRY THIS

Doctor Wendy's tip. The frittata takes care of the protein - what you pair it with takes care of the fibre. Eggs and cottage cheese contain no fibre, so each portion has only about 2 g on its own. Turn it into a colourful, fibre-rich plate by adding one or more of these:

- A big handful of salad leaves, such as rocket, spinach or watercress
- Cherry tomatoes, cucumber or sliced peppers
- Leftover roasted vegetables, warm or cold
- If you would like something more filling: a slice of wholegrain toast or a few wholegrain crackers

Add a side salad and some roasted vegetables and your plate can have three times the fibre - plus more variety for your gut. Make once, enjoy over the next few days.

Nutrition at a glance - per portion

Approximate values for one portion (a quarter of the recipe), without oil, bread or extra toppings.

Energy	Protein	Carbohydrate	Fat	Fibre
~210 kcal	~20 g	~5 g	~11 g	~2 g

Values vary with egg size and your brand of cottage cheese. Fibre is low on its own - see Doctor Wendy's tip above for easy ways to add more.

Why this frittata is so good for you

Simple ingredients, each doing something useful. Here is what the evidence shows.

Eggs

Small but nutrient-packed. Eggs provide high-quality protein, vitamin B12, iodine, selenium and choline (important for the brain and nervous system). They are also one of the few foods that naturally contain vitamin D, and they contain lutein and zeaxanthin - plant pigments that collect in the eye and help protect it.

Cottage cheese

Creamy protein. Cottage cheese adds extra protein and a creamy texture without pastry or cream. Most of its protein is casein, which is digested slowly, and it is lower in fat than most cheeses.

Protein for muscles	Strength that lasts. A meal with a good amount of protein helps your body maintain and build muscle – especially when combined with regular strength exercise. This matters more as we get older, when muscle is naturally lost more easily. Spreading protein across your meals, rather than saving most of it for dinner, helps your muscles make the most of it.
Feeling full	Satisfying for longer. Studies show protein-rich meals help you feel fuller than carbohydrate-heavy ones, which can make it easier to avoid mid-morning snacking.
Spinach	Leafy greens made easy. Spinach adds folate, vitamin K, lutein and natural nitrates, which help blood vessels relax. Eating more leafy greens is linked to lower blood pressure and heart disease risk. Frozen spinach is just as nutritious as fresh – and it never wilts in the back of the fridge.
Peas and spring onions	Colour and variety. Peas add fibre, plant protein and vitamin C, and spring onions add flavour and gut-friendly fibres. Together with the spinach and oregano, that is four different plants in one dish.

What about eggs and cholesterol?

This is one of the questions I am asked most often. For most people, the cholesterol in eggs has only a small effect on the cholesterol in their blood – the amount of saturated fat we eat has a much bigger effect. The NHS does not set a limit on how many eggs most people should eat, and large studies following hundreds of thousands of people have found that eating up to about one egg a day is not linked to a higher risk of heart disease.

Each portion of this frittata contains two eggs, and it is made without butter or cream. How you cook eggs, and what you eat with them, matters more than the eggs themselves.

Ask your GP or dietitian how eggs fit into your eating pattern if you have familial hypercholesterolaemia (an inherited cause of high cholesterol) or diabetes, or if you have been given specific advice about eggs.

Living with insulin resistance or type 2 diabetes?

This frittata is naturally low in carbohydrate and rich in protein, so it causes very little rise in blood sugar – a great option for steady energy. To make it a balanced meal:

- Add plenty of salad or vegetables on the side for extra fibre.
- If you have toast alongside, choose wholegrain and eat the frittata and vegetables first.
- Go for a short walk after eating – gentle movement helps steady your blood sugar.

Easy variations

- **Mediterranean:** add chopped roasted peppers and a little fresh basil.
- **Extra greens:** swap some of the peas for finely chopped broccoli (cook and drain it first).
- **More flavour:** add smoked paprika, chilli flakes or a sprinkle of feta (feta adds salt and changes the nutrition).
- **Individual portions:** divide between a greased muffin tin. Start checking after 15-20 minutes and bake until set.

Storage and food safety

Storage. Cool, then refrigerate in a covered container within 2 hours. Eat within 2 days, or freeze individual portions for up to 3 months. Defrost in the fridge and reheat until steaming hot all the way through, and only reheat once. Fine to eat cold if stored correctly.

A note from Doctor Wendy

Eating well does not have to mean complicated recipes. A little preparation can make nourishing choices so much easier on busy mornings. Start with what works for you - progress over perfection.

Important

- **Allergens:** contains egg and milk.
- **Vegetarian:** Most cottage cheese is suitable for vegetarians, but check the label.
- **Gluten-free:** All the ingredients are naturally gluten-free, but check labels to be sure.

General nutrition information, not individual medical advice.

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EVIDENCE BASE

Drouin-Chartier JP et al. BMJ 2020;368:m513 (egg intake and cardiovascular disease - cohort studies and meta-analysis)
NHS - High cholesterol: eggs and saturated fat; British Heart Foundation - Are eggs good for you?
Morton RW et al. Br J Sports Med 2018;52:376-84 (protein and strength training for muscle - meta-analysis)
Leidy HJ et al. Am J Clin Nutr 2015;101:1320S-9S (protein, fullness and appetite)
Bondonno CP et al. Eur J Epidemiol 2021;36:813-25 (leafy green nitrates, blood pressure and heart disease)
Li L et al. J Food Compos Anal 2017;59:8-17 (fresh vs frozen vegetables)
Food Standards Agency leftovers and reheating guidance

DISCLOSURES

Doctor Wendy has no commercial relationship with any brand or product connected to this recipe.