

Frittata MUFFINS

RECIPE

MAKES 12 MUFFINS
PREP TIME: 15 MINUTES
COOK TIME: 20-25 MINUTES

INGREDIENTS

Cooking Spray
2 Cups of Filling
(See Suggested Fillings)
5 Whole Eggs
3 Egg Whites

1/2 Cup Milk
1/4 Teaspoon Freshly Ground
Black Pepper
1/2 Teaspoon Kosher Salt
1/2 Cup (4oz) Shredded or

FILLINGS

broccoli, mushroom, tomato, bell pepper,
spinach, scallion, onion, bacon, sausage,
ham, basil or other fresh herbs,
cheddar, feta, swiss, parmesan, mozzarella

METHOD

1. Preheat oven to 350 degrees. Spray a 12 cup muffin tin with cooking spray or line with cupcake liners.
2. Finely chop and vegetables and sauté until tender. Precook any meat, drain fat, and finely chop. Set aside.
3. In a large bowl, whisk eggs, egg whites, milk, salt until combined. Put about 2 tablespoons of filling in each tin. Divide the egg mixture among each muffin tin. Sprinkle with cheese, if using.
4. Bake for 18-22 minutes or until egg is set. Cool for 2-3 minutes before eating.**

SUGGESTED COMBINATIONS

bacon
broccoli
parmesan

tomato
basil
mozzarella

bell pepper
salsa
cheddar

mushroom
sausage
spinach
swiss

spinach
tomato
feta

ham
tomato
cheddar