

Protein Packed Frittata Cups

A frittata is an egg-based dish that is a mix between a quiche and an omelet. They are a great way to start your day with a serving of vegetables. You can use any vegetables you have on hand.

YIELD	PREP TIME	TOTAL TIME
8 SERVINGS	20 MIN	30 MIN

INGREDIENTS

6 each	Eggs
1 cup	Cottage Cheese, low-fat
1/3 cup	Milk, 1%, low-fat
1/2 cup	Parmesan, grated (1 oz)
1/2 tsp	Oregano, dried
1/2 tsp	Thyme, dried
1/4 tsp	Kosher Salt
To taste	Black Pepper
1 Tbsp	Olive Oil
1 1/2 cups	Potatoes, frozen, diced
1 each	Red Bell Pepper, diced
2 cups	Baby Spinach, roughly chopped
1/2 cup	Cheddar Cheese, sharp, grated (2 oz)

CHEF'S NOTES

Remember to pre-cook your vegetables before adding the egg mixture so that they don't release extra moisture into the frittata. Using leftover cooked vegetables is a great option to give a new life to the leftover veggies in the fridge!

These frittata cups can be made in advance and frozen for quick and easy breakfasts on the run. You can also add them to a whole wheat English muffin for a hearty breakfast sandwich. Serving a crowd for brunch? You can also bake this frittata in a 9 x 13 pan and cut into squares.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 350°F and line a 12-cup muffin pan with silicone liners, then spray the liners with nonstick cooking spray and set aside.
2. In a large pitcher blender, combine the eggs, cottage cheese, milk, parmesan, oregano, thyme, salt, and pepper. Blend for 10-15 seconds until the mixture is smooth and frothy.
3. Over medium heat, heat the olive oil in a large **non-stick** skillet. Once hot, add the potatoes. Stirring occasionally, cook potatoes until tender and starting to brown, about 5 minutes.
4. Add the bell pepper and cook for an additional 2-3 minutes, until tender. Add the spinach and stir the mixture until the spinach is wilted, about 1 to 2 minutes more. Transfer the vegetable mixture to a medium bowl and allow the mixture to cool slightly.
5. Divide the vegetable mixture evenly among the prepared muffin cups using a spoon. Pour the egg mixture into the muffin tins, filling each to 3/4 full. Sprinkle the cheddar cheese over each cup.
6. Place muffin pan on top rack in oven. On a lower rack, position a half sheet pan to catch any spillage. Bake until the egg mixture is firm and reaches 165°F, about 15-20 minutes.
7. Allow frittata cups to rest for 5 minutes before serving.

Nutrition Facts

6 servings per container

Serving size 2 frittata cups (177g)

Amount Per Serving

Calories **210**

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 200mg **67%**

Sodium 420mg **18%**

Total Carbohydrate 10g **4%**

Dietary Fiber 1g **4%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 16g **32%**

Vitamin D 1.2mcg 6%

Calcium 200mg 15%

Iron 1.4mg 8%

Potassium 310mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, EGG



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

