

Summer Veggie Frittata Cups



Frittatas are a great way to use up whatever is in your fridge, including leftover cooked vegetables or bits of cheese.

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

6 large	Eggs
½ cup	Low-fat Milk or Water
1 Tbsp	Parmesan Cheese, grated
1 tsp	Oregano, Thyme, or Parsley, dried
1 tsp	Olive Oil
½ each	Onion, diced
½ each	Bell Pepper, diced
1 each	Summer Squash or Zucchini, diced
1 cup	Spinach, Kale, or any Leafy Green, washed and dried, roughly chopped
2 Tbsp	Feta Cheese, crumbled

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F and spray a 12-cup muffin pan with non-stick cooking spray. Alternatively, use paper liners.
2. Crack the eggs into a medium mixing bowl. Whisk together with the milk or water, parmesan cheese, and dried herbs. Set aside.
3. Place a medium sauté pan over medium heat and add the oil. Add the onions and sauté for about 2-3 minutes, stirring frequently, until onions are soft and lightly browned.
4. Add the bell pepper and squash or zucchini and sauté for 1-2 minutes, until soft. Add the chopped greens and sauté until softened and wilted (time will depend on heartiness of greens). Set aside and allow the mixture to cool slightly.
5. Divide the vegetable mixture evenly between the prepared muffin cups. Using a ladle, pour the egg mixture into the muffin cups, filling $\frac{3}{4}$ of the way. Sprinkle each cup with feta cheese.
6. Place the muffin tin in the preheated oven and cook for about 20-25 minutes, until egg is firm, and tops are browned.
7. Allow the frittata to rest for 5 minutes. To remove from the pan, use a paring knife to loosen the edges. Serve hot or store in the fridge or freezer to eat later!

CHEF'S NOTES

Egg dishes like this one are a great way to add vegetables to breakfast, but they can also be eaten any time of day! The options for fillings are endless and this recipe can be used as a template. These egg cups can be frozen and easily turned into a healthy breakfast sandwich on a toasted whole wheat English muffin or bread. This recipe makes 12 individual frittatas, but it can also be baked in an 8" or 9" inch square pan and cut into squares for serving. Cooking time will be a little longer.

Nutrition Facts

6 servings per container

Serving Size 2 cups (134 g)

Amount per serving

Calories 120

% Daily Value *

Total Fat 7g 9%

Saturated Fat 3g 14%

Trans Fat 0g

Cholesterol 190mg 64%

Sodium 150mg 7%

Total Carbohydrate 4g 0%

Dietary Fiber less than 1g 3%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 9g 17%

Vitamin D 1mcg 6%

Calcium 100mg 8%

Iron 1mg 7%

Potassium 300mg 5%

*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.

