Spinach & Feta Frittata Cups

Frittatas are a great way to start your day with a serving of vegetables. You can use any vegetables you have on hand, including leftovers.

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**INGREDIENTS**

6 large Eggs
½ cup Water
1 Tbsp Parmesan Cheese, grated
1 tsp Oregano, dried
2 tsp Olive Oil
½ each Onion, diced
½ each Red Bell Pepper, diced
2 cups Baby Spinach, roughly chopped
2 Tbsp Feta Cheese, crumbled

**CHEF’S NOTES**

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? Try baking in an 8-inch square pan and cutting into squares.

**DIRECTIONS**

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F and line a muffin pan with paper liners then spray the liners with nonstick cooking spray and set aside.
2. Crack the eggs into a medium mixing bowl and whisk until well combined. Add the water, parmesan cheese, and oregano, stirring to combine. Set aside.
3. In a medium sauté pan, heat the oil over medium heat. Once hot, add the onions and bell pepper and sauté until the onion is translucent and lightly browned, about 3-5 minutes. Remove from the heat and allow the mixture to cool slightly.
4. Divide the onion and pepper evenly among the prepared muffin cups. Add the chopped spinach evenly to the cups. Using a ladle, pour the egg mixture into the muffin tins, filling each one to ¾ full. Sprinkle the feta cheese over each cup.
5. Bake until the egg mixture is firm and reaches 165°F, about 20-25 minutes.
6. Allow frittata cups to rest for 5 minutes before serving.
Recipe adapted from Health meets Food, “Spinach and Feta Frittata” (10/27/20)