

# Cheesy Vegetable 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.*

<b>YIELD</b> <b>12 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>40 MIN</b>
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## INGREDIENTS

12 large	Eggs
1 cup	Water
2 Tbsp	Parmesan Cheese, grated
2 tsp	Oregano, dried
½ tsp	Kosher Salt
4 tsp	Olive Oil
1 each	Onion, diced
1 each	Red Bell Pepper, diced
4 cups	Baby Spinach, roughly chopped
1 cup	Cheddar Cheese, shredded

## 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 for brunch? You can also bake this frittata in 9 x 13 pan and cut into squares.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F and line two 12-cup muffin pans with paper liners then spray the liners with nonstick cooking spray and set aside.
2. Crack the eggs into a large mixing bowl and whisk until well combined. Add the water, parmesan cheese, oregano, and salt, stirring to combine. Set aside.
3. In a large 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 cheddar 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.

# Nutrition Facts

12 servings per container

**Serving Size** 2 frittata cups (130 g)

Amount per serving

**Calories** 130

% Daily Value \*

**Total Fat 9g** 11%

Saturated Fat 3g 15%

*Trans* Fat 0g

**Cholesterol 195mg** 65%

**Sodium 250mg** 11%

**Total Carbohydrate 4g** 0%

Dietary Fiber less than 1g 3%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein 9g** 19%

Vitamin D 1mcg 5%

Calcium 60mg 5%

Iron 1mg 7%

Potassium 200mg 4%

\*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.

Recipe adapted from *Health meets Food*, "Spinach and Feta Frittata" (10/27/20)



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