

# Southwest Frittata Cups



*Frittatas are a great savory breakfast option that allows you to start your day with a serving of vegetables.*

<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

As Needed	Nonstick Cooking Spray
8 large	Eggs
½ cup	Water
½ cup	Chunky Salsa, mild
2 tsp	Chili Powder
½ tsp	Kosher Salt
½ tsp	Black Pepper
1 ½ cup	Baby Spinach, chopped
1/2 cup	Cheddar Cheese, shredded
slices	Precooked Bacon, chopped (optional)

## 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.

Feel free to use spicy salsa if you like a lot of heat! These can also be customized with any leftover cooked veggies you have on hand.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F and line a 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, salsa, chili powder, salt, and pepper stirring to combine.
3. Using a ladle, pour the egg mixture into the muffin tins, filling each one ¾ full.
4. Add the chopped spinach, shredded cheese, and bacon (if using) to the egg mixture and stir with a toothpick to combine.
5. Bake until the egg mixture is firm and reaches 165°F in the center, about 14 - 16 minutes.
6. Remove the cups from the muffin pan as soon as they are cool enough to handle. Allow the cups to rest for about 5 minutes before serving.

Frittata Cups with Optional Bacon

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving Size</b>	<b>2 frittata cups (127 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value *</b>	
<b>Total Fat 9g</b>	<b>12%</b>
Saturated Fat 3.5g	<b>18%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 255mg</b>	<b>86%</b>
<b>Sodium 570mg</b>	<b>25%</b>
<b>Total Carbohydrate 3g</b>	<b>0%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 12g</b>	<b>24%</b>
Vitamin D 1mcg	7%
Calcium 40mg	3%
Iron 1mg	7%
Potassium 100mg	2%

\*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.

Frittata Cups without Bacon

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving Size</b>	<b>2 frittata cups (124 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value *</b>	
<b>Total Fat 8g</b>	<b>11%</b>
Saturated Fat 3.5g	<b>16%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 255mg</b>	<b>85%</b>
<b>Sodium 520mg</b>	<b>22%</b>
<b>Total Carbohydrate 3g</b>	<b>0%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 11g</b>	<b>22%</b>
Vitamin D 1mcg	7%
Calcium 40mg	3%
Iron 1mg	7%
Potassium 100mg	2%

\*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.

