

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.

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 40 MIN
-----------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

6 large	Eggs
½ cup	Water
1 Tbsp (¼oz)	Parmesan Cheese, grated
1 tsp	Oregano, dried
½ tsp	Kosher Salt
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.

Nutrition Facts

6 servings per container

Serving size 2 frittata cups (111g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 7g	9%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 190mg	63%
Sodium 340mg	15%
Total Carbohydrate 3g	1%
Dietary Fiber <1g	3%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 1mcg	6%
Calcium 80mg	6%
Iron 1.4mg	8%
Potassium 110mg	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.

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



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

